

SET OUT YOUR CLOTHES

The Struggle

Do you have a project you want to work on, but you don't know what to do? And when you finally do make some time, do you even know where to start on that project?

At the end of your day, do you want to spend your time creating something or working on a passion project, yet you feel tired and mostly un-motivated?

Today's Takeaways

Doing something today that will make your future life a little bit easier can have a profound impact on gaining traction and making time to work on the things that are most important to you.

Personal Integrity is our ability to follow through on the commitments we make with ourselves. And this is at the bedrock of living a focused life.

What To Do

Today, I want you to set out your clothes for tomorrow.

It's something simple and easy to do at the end of your day that will make your future life a little bit easier.

This will also strengthen your independent will and your personal integrity. Because you are making a commitment to yourself about what you're going to wear tomorrow, and then, when you put that outfit on, you're follow through with that commitment.

*The Elements of Focus is a free class about making time,
finding clarity, and gaining traction in your passion.*

Brought to you by Shawn Blanc and [The Focus Course](#).