

THE JOLT AND THE MENTOR

The Struggle

Situations and experiences that interrupt our lives and force us to make changes and choices are not common.

Sometimes you have to be courageous to make change.

And sometimes you just need help. You need someone to help you push through your season of overwhelm and to get to that breakthrough and to build momentum.

Today's Takeaway

The longer you put something off, the easier it becomes to continue putting it off.

Procrastination, when left unchecked, gains momentum.

Sometimes it takes a tragedy or other type of wake-up call to give us the push we need to get moving.

Other times, we need to stop procrastinating and let someone else tell us what to do so we can just get started already. And then, once we've begun we find that our action will bring clarity. And clarity helps us make future decisions.

The finish line never magically appears while we stand waiting at the starting line.

What To Do

Is there something you're putting off? A project, a change to your lifestyle, a re-organization of what's important?

Consider: why not just start now with the easiest first step?

And then, let your experiential knowledge bring clarity about what to do next.

Additional Resources

[The Focus Course](#) — Over 40 days, The Focus Course walks you through how to live a focused life. It starts out simple, easy, and fun and builds on itself so that by the end you've seen significant progress and change and have actually done something.

Knowledge alone is not enough to create lasting change. Which is why The Focus Course is about more than just head knowledge — it's an introduction to experiential knowledge.

If you've found value from these free classes, then you will love The Focus Course.

You can learn more and sign up at thefocuscourse.com

*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](#).