

# WHY WE NEED A FOCUSED LIFE

## The Struggle

By far and away, the most common point of frustration I hear from people is two-fold:

1. They don't know how best to use their time to do the things that are most important to them.
2. Even if they did know, their schedule and energy are completely full and they don't know where to find the time.

You're here because you know you've got awesome work you want to do. You have something valuable to share with the world. You have friends and family you want to build thriving relationships with. Your best work, your best ideas, and your best relationships are all still ahead of you.

## Today's Takeaways

First of all, I want you to know that living with diligence and focus is not a personality type — **it's a skill**. And since it's a skill, it means you can learn it.

Secondly, I want you to become familiar with the five components of a focused life:

1. A Vision for your life (your "why")
2. Life Goals (your "what")
3. Action Plan (your "how")
4. Daily Schedule (your "when")
5. Lifestyle Practices (your safety net)

# What To Do

**Today, I want you to change your mind.**

Change your mind about how you think of a life vision, and how you think of your own life.

Start by telling yourself you can change. Because you can. You can get a vision for your life. You can grow in the skill of how you focus your time and energy.

*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](http://thefocuscourse.com).*