

YOU CAN CHANGE

The Struggle

When you begin to get motivated and start to make progress, it's also possible to begin feeling a bit overwhelmed. And that's okay!

As you begin to move from one side of complexity to the next, it can feel overwhelming. You've learned some awesome ideas and tactics, but they're not yet rooted.

It's okay. You're life isn't a microwave. Lasting change takes time to implement.

Today's Takeaway

You can change.

You already have. You have already taken ownership of your time and attention. Simply by taking part in these past few videos, you've already begun to change. It sounds dorky, but it's true.

You're here. You're ready to get organized and back in control of your life. You're done letting things slip. Sometimes these things are outside of our control. But more often than not, there is something we can do about it.

And you have done something about it. You are taking ownership of your time and attention.

What To Do

Today I want you to recognize that you're on the right track.

Remind yourself that you *can* get the breakthrough you're looking for with your time, priorities, and your side project.

Celebrate that you've already taken a huge first step!

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