

FOCUS CLUB

Group Coaching Call
September 2016

1. Resource Library

2. Members-Only Chat (Slack)

3. Monthly Group Coaching Calls

thefocuscourse.com/dashboard

**QUESTIONS, CHALLENGES,
TOPICS, OH MY!**

BEVERLY HALL

“How long did it take to train yourself to rigorously plan each segment of your day & how did you train yourself to do so?”

1. TASK

2. TIME (MIN / MAX)

3. SCHEDULE IT

WORK FOCUS

REST FOCUS

BEVERLY HALL

*“How do you confront /
overcome Resistance, if
that’s an issue for you?”*

- 1. RESISTANCE IS ALWAYS THERE**
- 2. IT GETS EASIER WITH A HISTORY**
- 3. CELEBRATE / RECOGNIZE PROGRESS**
- 4. LOWER ACTIVATION ENERGY**

SEE: FOCUS COURSE DAY 1 & MODULE 4

MARGARET

I work best in multi-hour blocks, so I'm having trouble when my schedule doesn't allow it. I don't want to lose momentum and forget where I was in my thinking. I think the idea of leaving a note for myself (breadcrumbs) would work, but I'm having trouble implementing it.

First, it often takes me 15 minutes to write the note. It seems like a lot of wasted time. Second, how do I keep track of and use these notes? I use OmniFocus for running my life, but it isn't suited to capturing notes.

MARGARET

*How do you maintain
momentum on a project
across multiple days?*

MARGARET

*How to keep track of and
use these notes?*

STEVEN SCOTT FOSTER

Last week the club was asked where they need margin most: Time, Finances, Health, Emotions, and Creativity. The discussion evolved from people's immediate needs to how all places of margin come from dependencies on each other. How can we explore individually and together more about the dependencies of all of these pieces of life and how they work together to give us the margin we seek?

QUESTION

How can we move forward in one area of margin when all the areas of margin are dependent upon one another?

QUESTION

*How can the Focus Club
work together as a group to
explore margin?*

MARGIN: SEPTEMBER

Note: Isaac will be leading the book club discussion.

We kick it off this coming Tuesday, September 6th.

There is a channel in Slack. #bookclub

