

**FOCUS CAMP**  
**WINTER 2017**



**Welcome!**

SHAWN  
BLANC

@SHAWNBLANC



# WHY FOCUS CAMP?

1. Ongoing value to alumni
2. Opportunity for group momentum
3. Focus is a moving target

# CAMP ACTIVITIES

- \* Daily activity in the forums
- \* Twice-monthly coaching calls
- \* Once-a-week highlights via email

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- \* Find Links on your Dashboard

# TODAY'S TOPICS

1. The Five Components of a focused life
2. How to improve your ability to complete your goals
3. Overcoming procrastination and developing your Bias toward Action

**WHY**

**WHAT**

**HOW**

**WHEN**

**SAFETY NET**

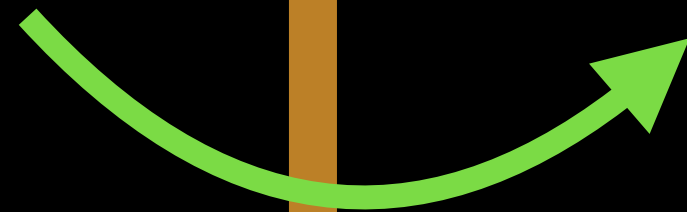
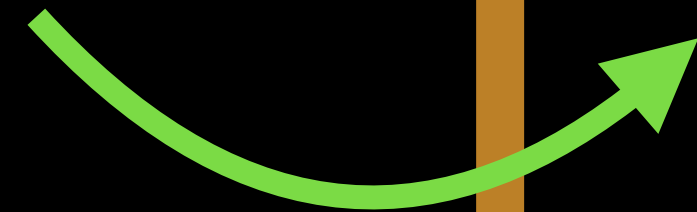
Life Vision

Goals

Action Plan

Schedule

Lifestyle  
Practices



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**WHAT**

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**SAFETY NET**

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*Which feels most important  
to you right now?*

**Let us know in the chat.**



# ACCOMPLISH YOUR GOALS

1. Set aside a **time** when you're going to do the course
2. Set aside a **place** where you will do it
3. Have someone to report back to about your progress (**accountability**)

# PROCRASTINATION

How to overcome it.



# PROCRASTINATION

Start small.

Do one simple thing.

Do it consistently.

# PROGRASTINATION

Build up your  
deep personal integrity.

(Focus Course Day 1)

# ELLIOT

*I'm impatient and my focus is always spread among various areas. I always take on multiple new habits, but never notice because of the distance between these areas (I.e. I'll take on a new fitness habit, but not notice that I'm also trying to take on a new time management and consistent drawing habit).*

*I always bite off more than I can chew and suffer for it later. This has always been my challenge and I'd like to be a bit more intentional towards it.*

# ELLIOT

*How do you personally go about recording the duration of time each of the actions you undertake requires?*

*I often underestimate the amount of time that something will take and get into issues because of this.*

# ELLIOT

*I've been struggling my way toward one, very unclear goal over the past couple of years (to make a business out of the illustrations I draw). I notice that I've been stubborn about "how" I'm going to do it and have been blinding myself to other options and possibilities. I believe this happened because I haven't remained vigilant in reviewing my progression consistently- just pushing forward with the blinders on, making no real progress.*

*What sort of processes for self-review have you implemented into your personal process?*

# JUSTIN

*Since it's planning season, I was wondering if you could share **how you and your team go about monthly planning,** and how much time do you spend on it?*



# JUSTIN

*I was wondering if could share your writing process.*

*How do you incubate your ideas, and how do you decide it's good enough to be sent off for publishing?*

*When you finish up a draft, do you tend to publish it while it's fresh, or you let it sit for a while?*

# CHRISTINE

*When you are running a small business and you are the **EVERYTHING** person, what are your key tips for prioritizing things when you only have so many hours but multiple tasks to achieve each day?*

*How do you stay focussed on what is **REALLY** important and not get distracted with the little things?*