

# FOCUS CLUB



Winter Camp  
Bonus Coaching Call  
January 26, 2017

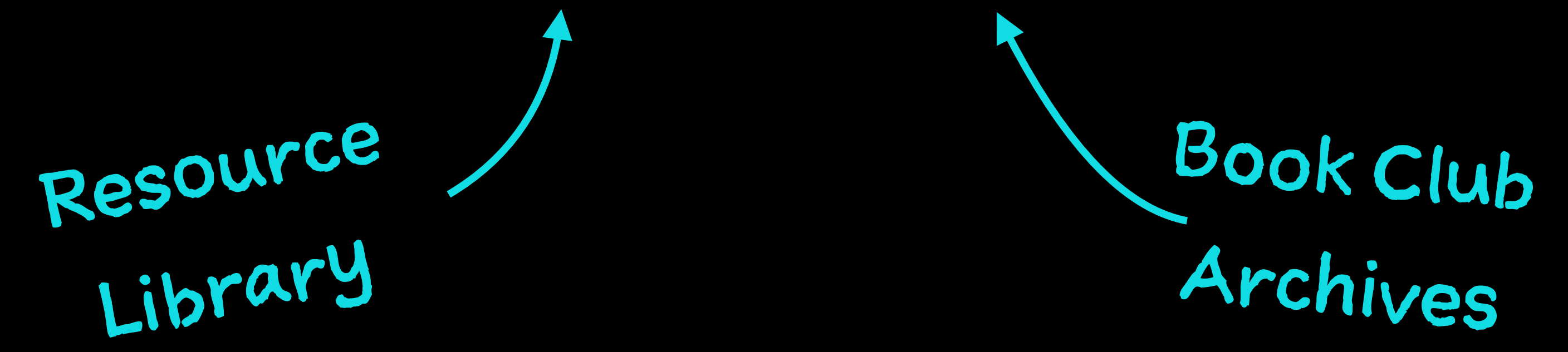
**1. Resource Library**

**2. Members-Only Chat (Slack)**

**3. Monthly Group Coaching Calls**



[thefocuscourse.com/dashboard](https://thefocuscourse.com/dashboard)



**HIGHLIGHTS...**



**bretrbrowser**

5d

I enjoy reading everyone's contributions here. Each poster has been courageous and vulnerable. I think that is super impressive. Thanks for sharing. Vulnerable is not my strong suit but here goes 😊

I built a vision using Sean's method and it worked well. My roles include: Individual, Father, Husband, Family member and friend, Professional Leader, and Maintainer (a catch all that seems to dominate my life). I wrote out the long version with a paragraph defining each of my values of: Happy, Courageous, Focused Awareness, Loving, Supportive, Patient, Secure. I felt the need to create a more refined vision that I have been refining for years to serve as a simple set of watch words:

**Live, Love, Learn, and Inspire Others Do the Same.**

With the background of the rest of my Vision work this statement draws me back to focus on the things that are important.

Again, thanks to everyone who is posting.

3 Replies ▾

3 Likes



↩ Reply

**DAY 11: LIFE VISION**



**MonicaB**

16d

Wow loved the topic of this assignment. I'm a negative person by nature (or nurture, not sure which). I've been working on trying to be more positive but realize that I've surrounded myself with negative people. Which makes it easy to fall back into the pattern of negative talk. I'm hoping by sending out positive affirmations to those people I love that maybe it will help them as much as me.

5 Likes



 Reply

**DAY 2: ENCOURAGING OTHERS**





nsreaves

7d

I can see the benefit in only sticking to a few values. After choosing 5, I could already see them starting to overlap. Here are a few of mine:

**Connection** // I communicate regularly with my family and friends. I am open and honest while supporting and encouraging my loved ones. I am present with the people in front of me. I give of myself when I can, without expecting anything in return.

**Wellness** // I eat for energy and move my body often. I am aware of what makes me feel good. I protect my energy by focusing on one thing at a time and saying no to the things that are not important to me. I practice loving kindness with myself. I am a work in progress.

**Creativity** // I am a maker. Creating is a part of my daily routine. I enjoy sharing what I know, love and learn. I like to explore and try new things, and I do my best to finish what I've started.

1 Reply ▾

5 Likes



↩ Reply

**DAY 10: VALUES**





SandyH

8d

Thank you for sharing! I have to admit, I'm nervous posting because it makes me feel vulnerable.

I love how these exercises have been building and where they are going.

### **1. Courageous**

I live with courage by making decisions every day to step out of my fear to do things that scare me. I constantly work towards personal growth, even if the process is uncomfortable. I try things even if I may fail. I understand that trying and failing is just practicing.

### **2. Compassionate**

I remind myself daily that we are all connected and have the same hopes and dreams. I know I am no better than anyone else and I live a privileged. I listen to what people have to say and do not judge them. I am also forgiving towards myself and others.

### **3. Generous**

I give freely of my time and resources. I take the time to stay in touch with friends and family, making sure we are connecting. I volunteer and give to those in need. I support institutions and organizations that align with my values and are doing good in the world.

### **4. Curious**

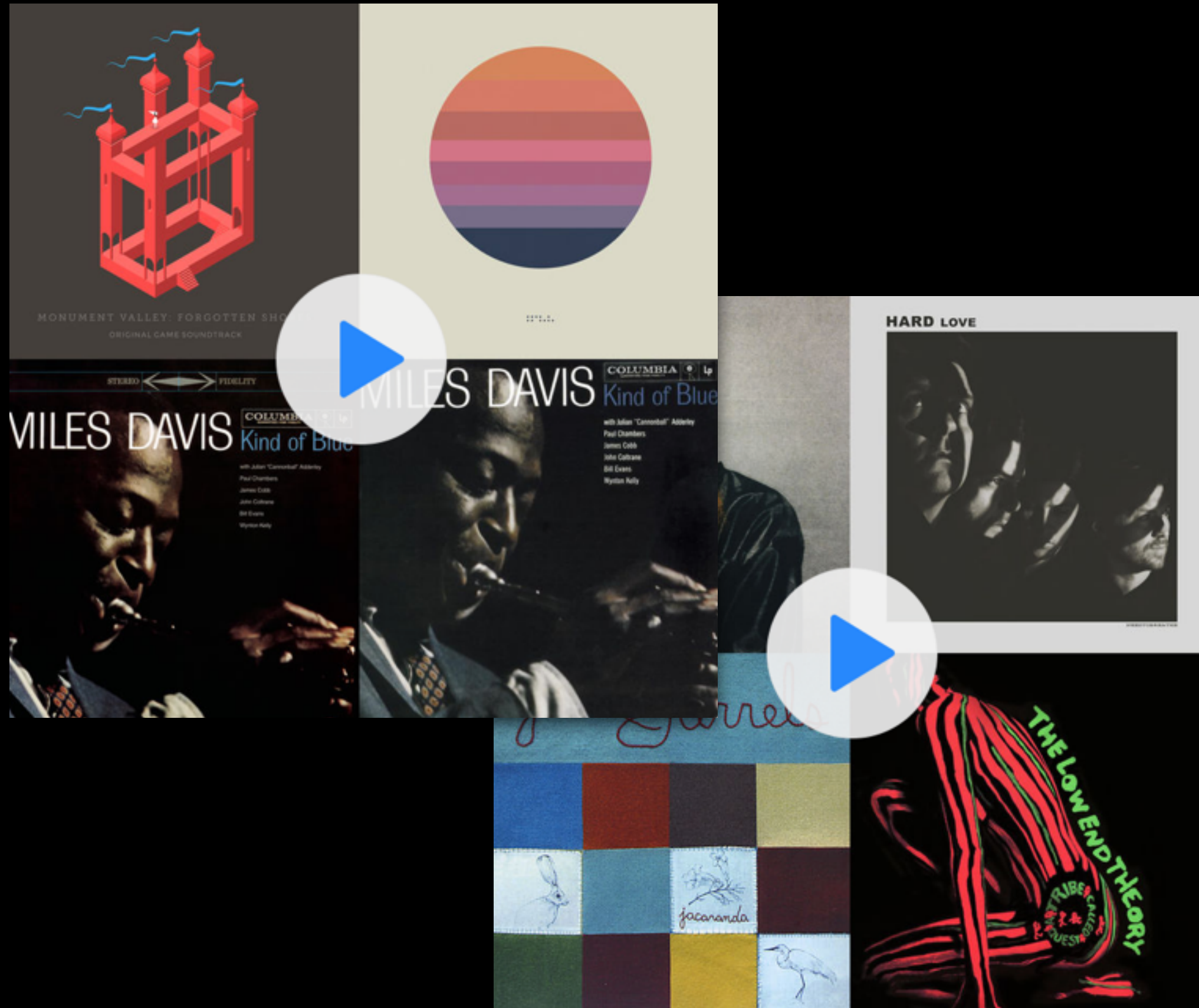
I am interested in what people have to say. I continue to learn and to make. Even in my failures, I seek to understand.

### **5. Joyful**

I strive to live in the present moment and to appreciate the wonder that is around me. I do not take my family and friendships for granted and spend time with them doing things they enjoy, then doing things I enjoy. I practice finding the silver lining in every situation and the humor in life. I smile and laugh.



# WINTER CAMP PLAYLISTS



[thefocuscourse.com/dashboard](http://thefocuscourse.com/dashboard)

# TODAY'S TOPICS

1. The Big Picture

2. Roles

3. Life Vision

4. Goals

5. Live Q&A

# THE BIG PICTURE

There are Five Components  
to living a focused life



# THE BIG PICTURE

## MODULE TWO

1. Vision
2. Goals

## MODULE THREE

3. Action Plans
4. Lifestyle Habits
5. Daily Schedule

Q:

*When do you recommend starting on these life goals? Do you recommend starting on just one or two or more at the same time? I have this desire to start now but they add up quickly. I have a finite amount of energy and time to use.*

— Maka

# DEFINING YOUR ROLES

“Disciplined Pursuit of Less”



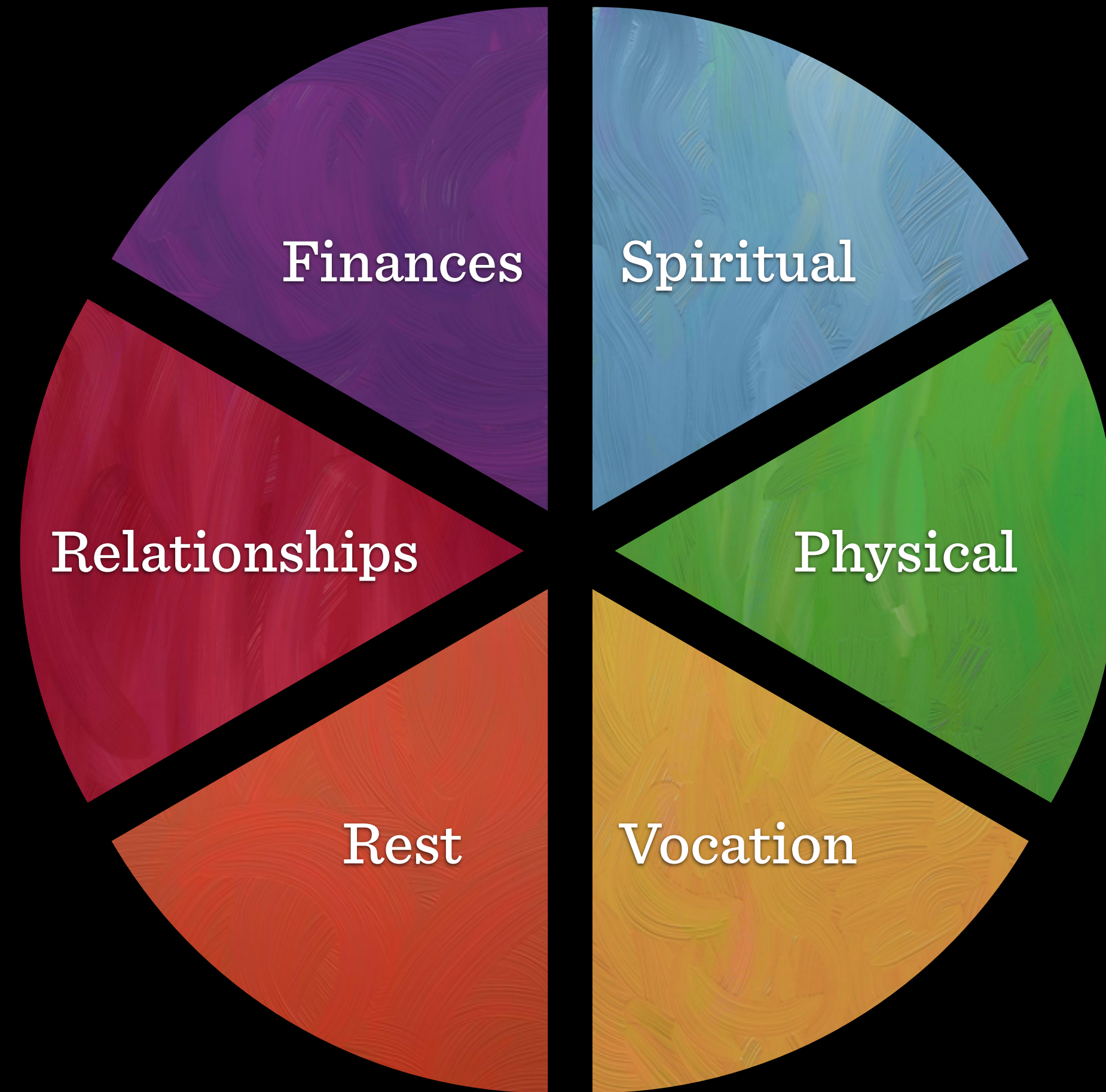
# DEFINING YOUR ROLES

Seasons of Life

# LIFE VISION

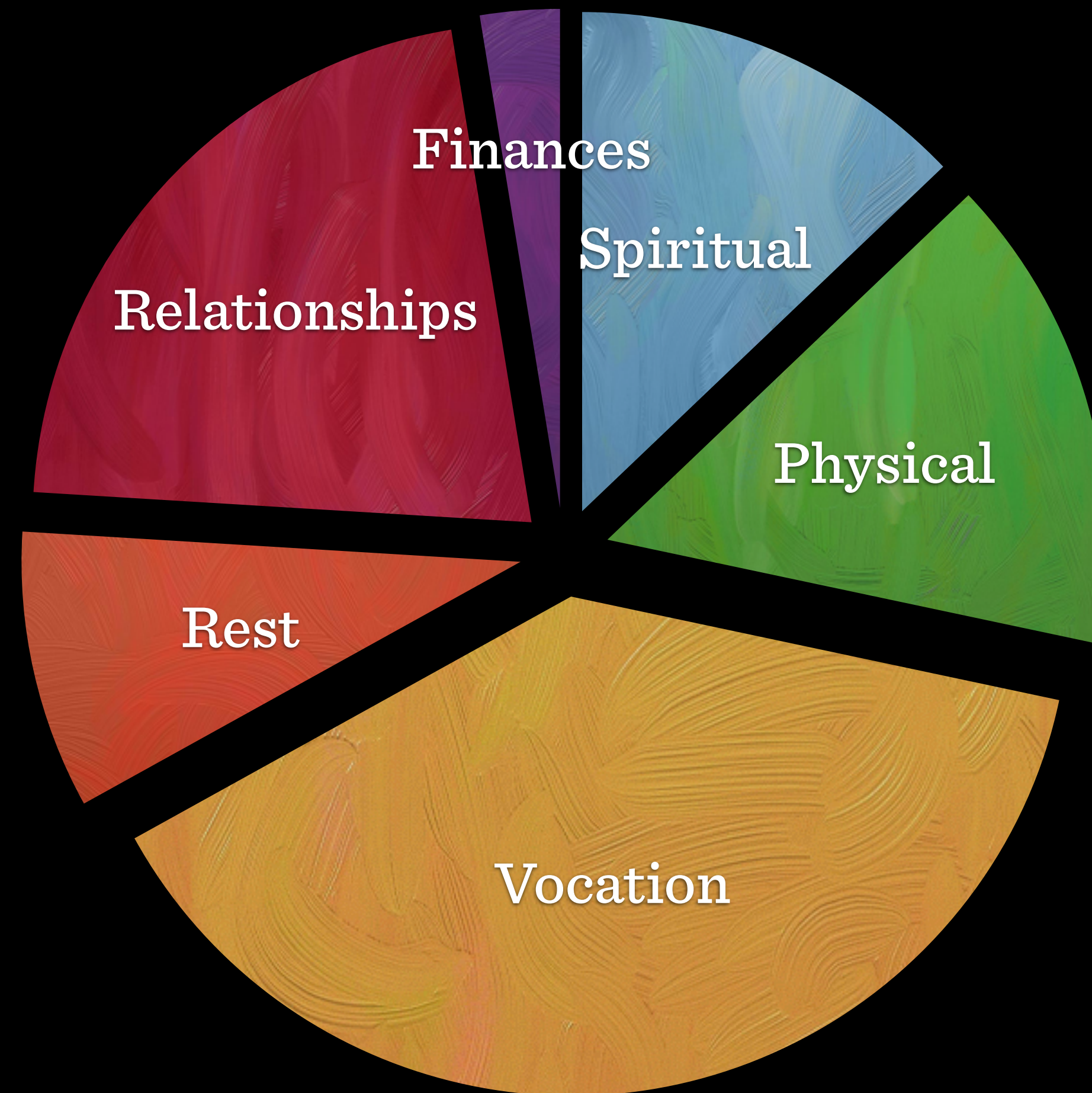


# LIFE GOALS





# LIFE REALITIES



# LIFESTYLE PRACTICES



# LIFESTYLE PRACTICES

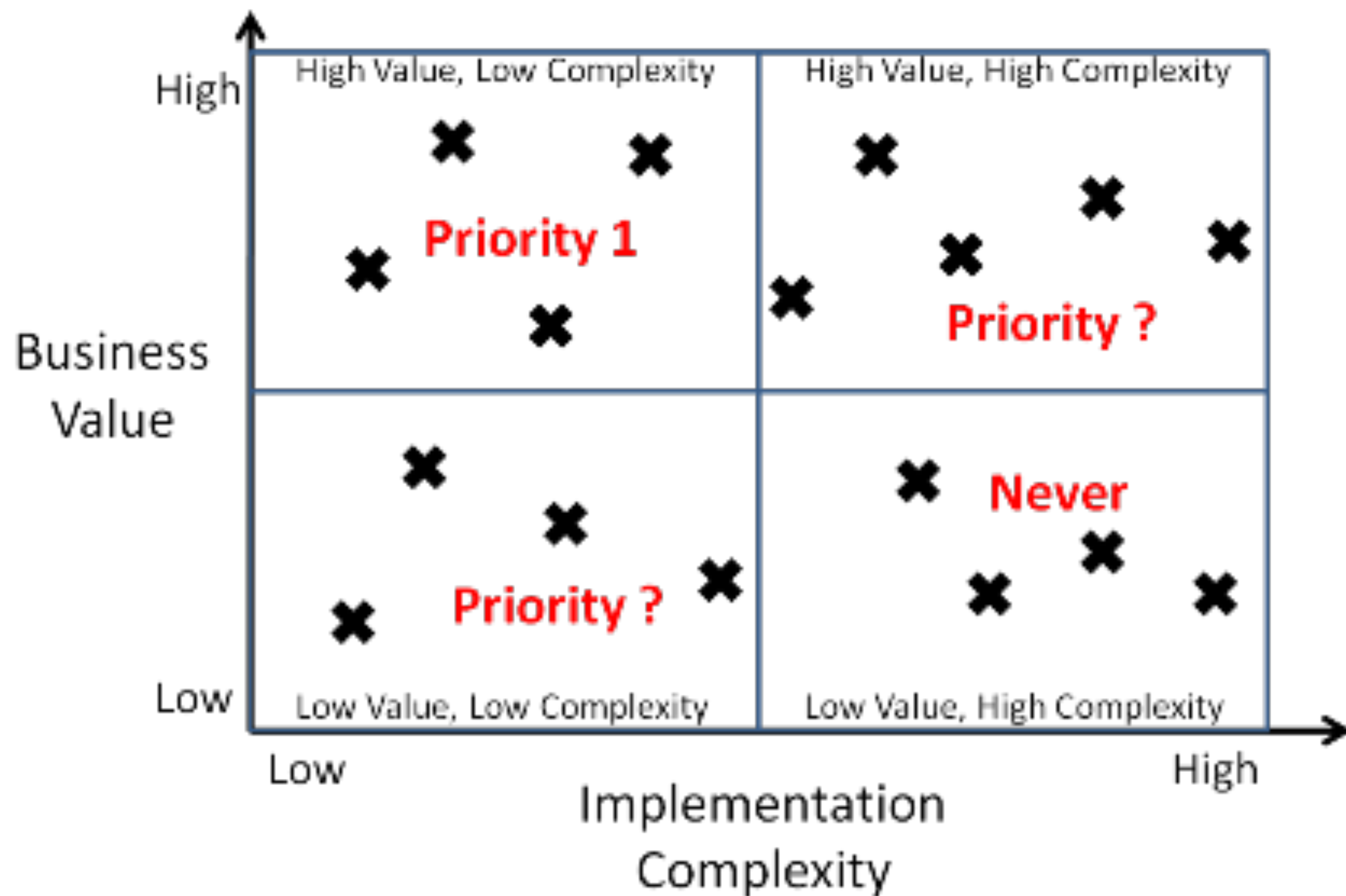


**Q & A**

**JUSTIN**

*“I’d love to hear more of your thoughts on work debt and how you plan to avoid it for you and Issac.”*





# JUSTIN

*“In your retrospective post, I think there’s a sense of focus for the entire team on a goal. Do you think this is something applicable to teams / businesses that serve 2-3 clients at the same time?”*

# CHRIS

*Can you speak more about your plan for 6 week sprints?*

*How might you suggest a person who is working alone use the strategy vs someone on a team?*

**WORK SPRINT**

**BREAK**

**VACATION**



**6 Weeks**

**1 Week**

**1 Week**



# JUSTIN

*“For 2017, how often do you plan to do postmortems for your project with your team? With the teams I work with, we do postmortems after consulting projects. The challenge I have is **how do we take what we learned and truly put it into practice going forward.**”*



# JOANNA

*Definitely looking forward to hearing a bit about the Basecamp trip.*

*What are some practical examples of ways you have changed your workflow or mindset since returning?*

# ELI

*Going through the value-defining and goal-setting exercises of Module 2 has made me realize that I've been living my life with a very short term mindset overall. I've been driving toward "being better today"... It's easy to get wrapped up in the day.*

*Now that I've set some long-term goals and have a vision for the future of sorts...*

*How do I make sure to remind myself of these goals daily?*

*How do I ensure that I'm on course to achieving these goals?*

# ELI

*“A goal must be quantifiable, measurable, in order to set a strong milestone and give us a finish line to work towards.”*

*I’ve noticed a pattern in the longer-term the goal, the more I seem to shift from a quantitative goal to a qualitative one. This makes sense to me, because the future is uncertain and unlimited.*

*How have you taken a qualitative goal and boiled it down to the quantitative goals, or milestones, that will put you on track to achieve it? What sort of process do you go through personally?*

