

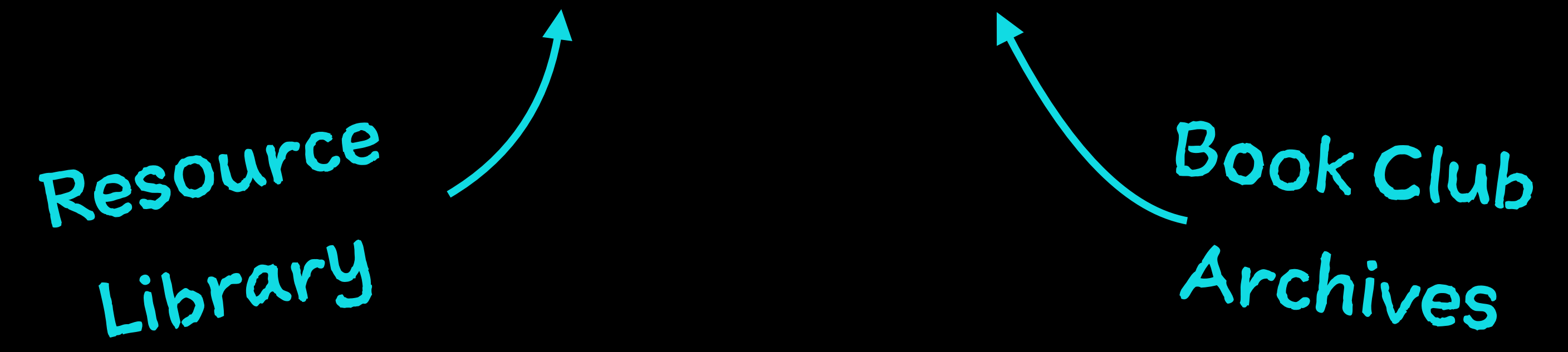
# FOCUS CLUB



December 2017



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



# TODAY'S TOPICS

Goal Setting

Q&A

01

JANUARY  
2018

S M T W T F S

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**LOSE 10 POUNDS**

**MAKE MORE MONEY**

**START A BUSINESS**

**WRITE A BOOK**

**READ MORE**

**RUN A MARATHON**



**LOSE 10 POUNDS**

**MAKE MORE MONEY**

**START A BUSINESS**

**WRITE A BOOK**

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**01**

**NOT SPECIFIC ENOUGH**

JANUARY

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

**FROM X TO Y BY Z**

*From 175 pounds to 165  
by July 1, 2018*



*Write a 40,000-word novel by  
May 15, 2018.*

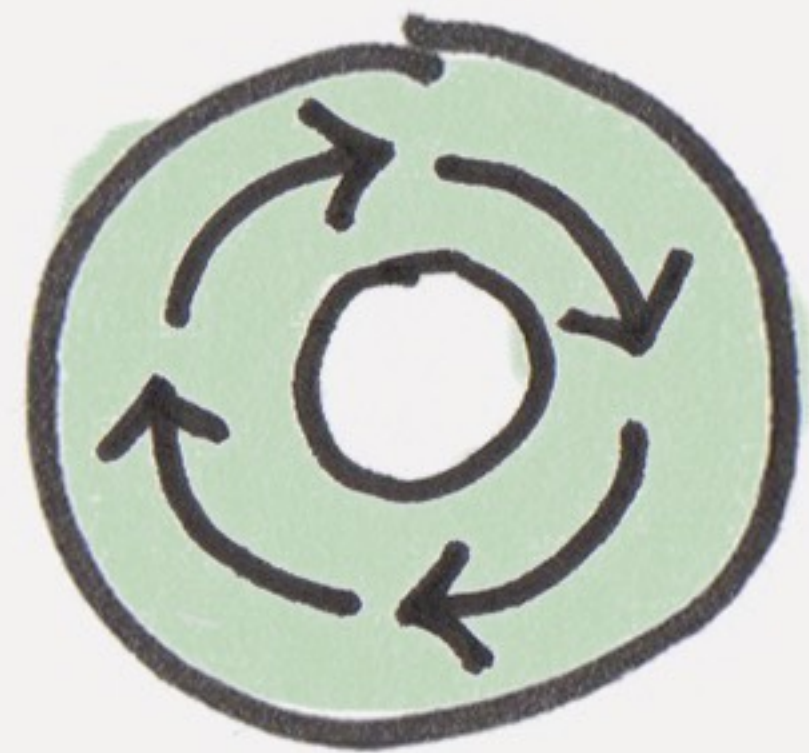
*Create a new source of side income that earns \$1,000 per month by December 1, 2018.*

*Read one new book each month  
for a total of 12 books in 2018.*

*From 5 daily newsletter  
sign-ups to 10 by Feb 24, 2018.*

**FROM X TO Y BY Z**

**HOW?**



vs.



A hand holding a pen over a notepad with a grid pattern. The background is dark and slightly blurred, focusing attention on the text.

*1. Focus*

*2. Leverage*

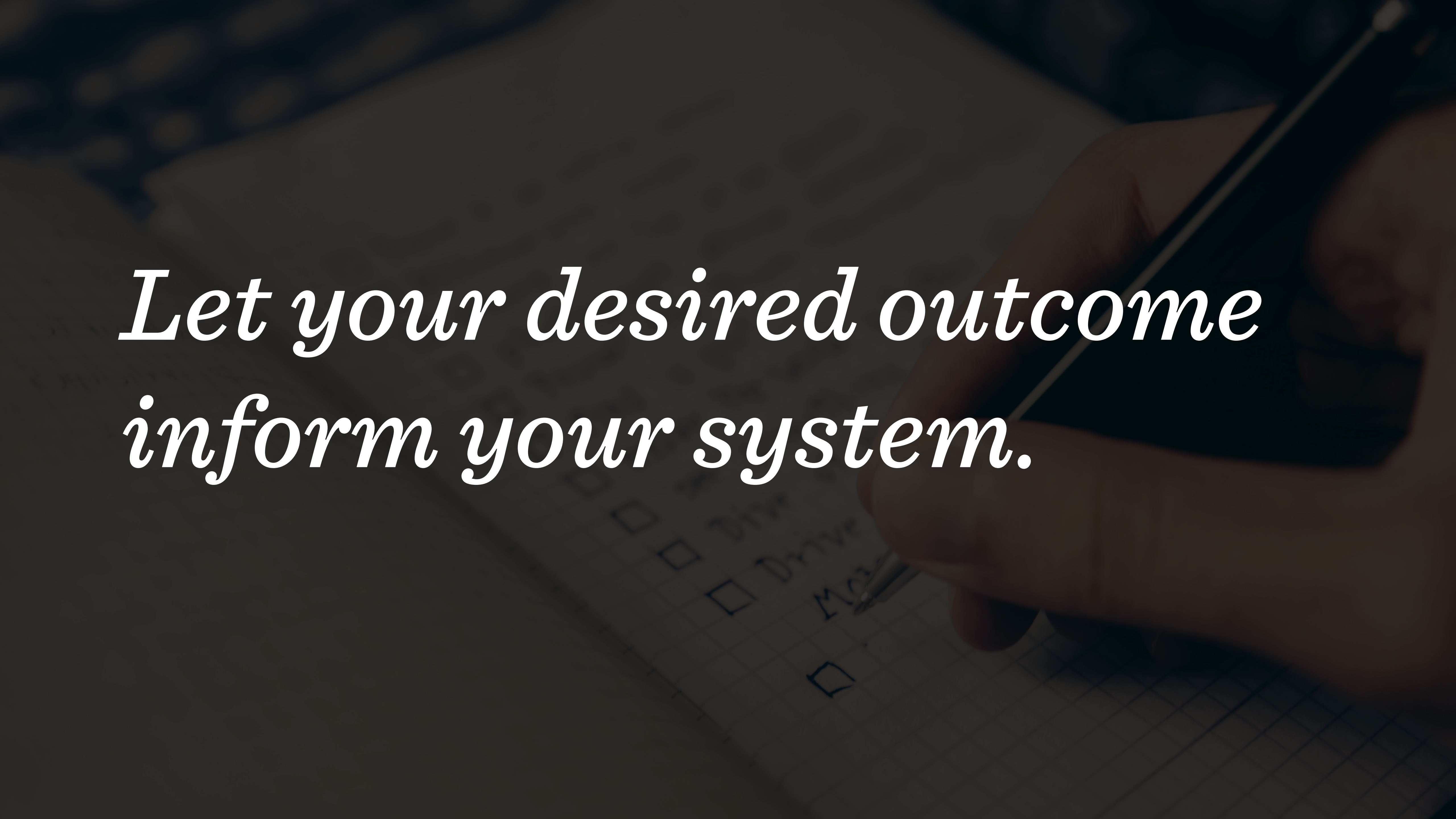
*3. Engagement*

*4. Accountability*

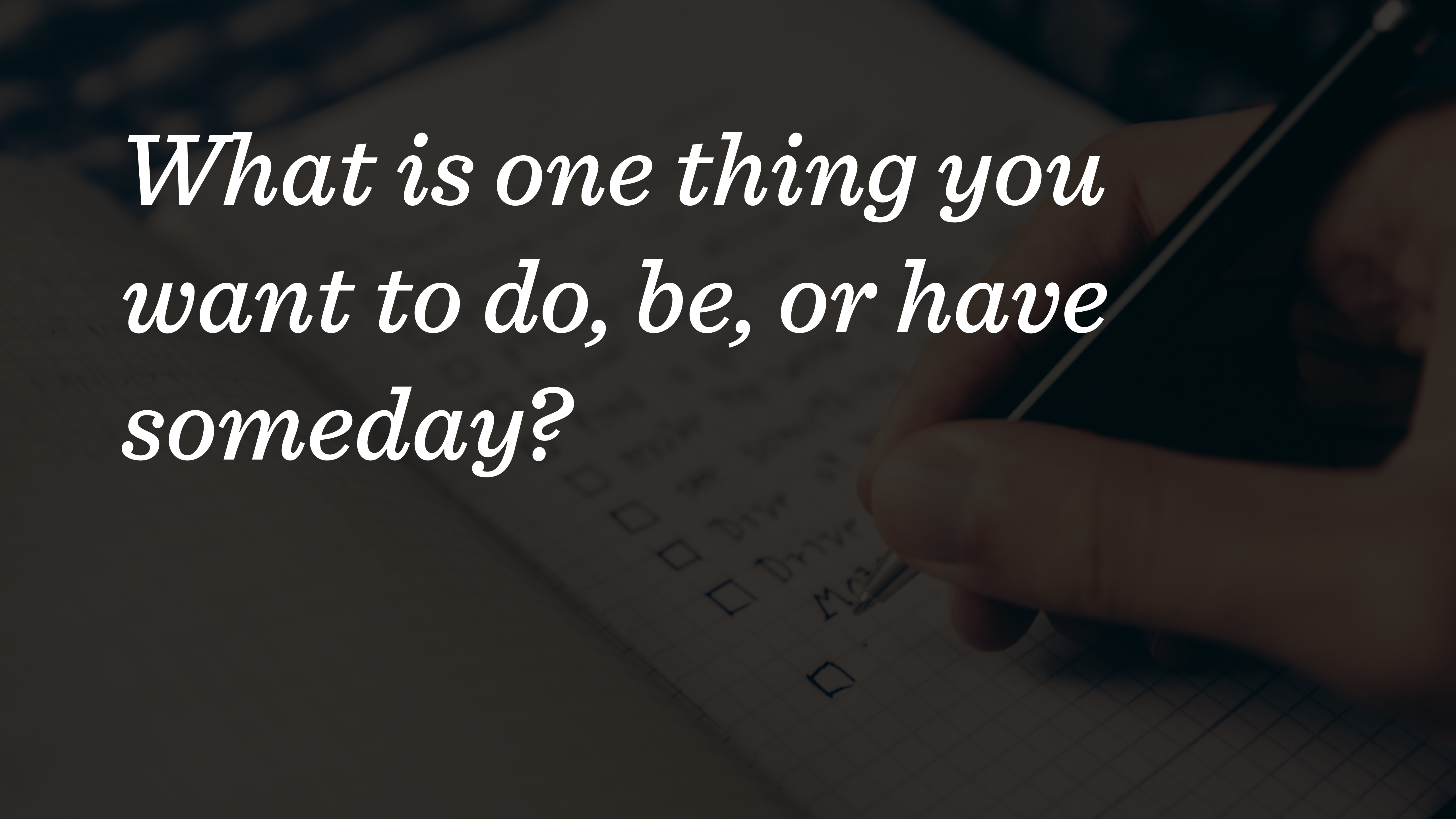


A hand holding a pen is positioned over a checklist on a grid background. The checklist has several items, each preceded by a square checkbox. The text is in a white, italicized serif font.

*Let your focus  
inform your leverage.*

A hand holding a pen is positioned over a checklist on a grid background. The checklist has several items with checkboxes, some of which are marked. The text is overlaid in a white, italicized font.

*Let your desired outcome  
inform your system.*

A hand holding a pen over a checklist on a grid background. The checklist has several items with checkboxes, some of which are marked. The text is overlaid on the image in a white, italicized font.

*What is one thing you  
want to do, be, or have  
someday?*

*Based on your someday goal,  
what is one thing you can do 5  
years from now that will put  
you on track to accomplish it?*

*What is one thing you can do in the next year that will put you on track to accomplish your 5-year goal?*

*What is one thing you can do  
in the next month that will  
put you on track to  
accomplish your 1-year goal?*

*What is one thing you can do  
in the next week that will put  
you on track to accomplish  
your month's goal?*

*What is one thing you can do  
in the next day that will put  
you on track to accomplish  
your week's goal?*



**QUANTITATIVE**

**Goal Setting & Tracking**



**QUALITATIVE**

**Joy in the Journey**



**Motivated state**

**Seeing progress**

**Clarity**

**Quality of life**

**Achievement of what's important**

# Q & A



# JUSTIN

*What are some ways and techniques to make sure you stay true to your "values"? How can we prevent our "values" from being just words on a piece of paper and make sure they are truly integrated in our lives?*

# DAVID

*Morning routines should make you feel energized. Many recommend to drink water, exercise and good breakfast. They also recommend to work on your priority items first.*

*But how does it work when you have a personal goals for which you can work on only after 8 hours of your day job? What can we do to still have focus and motivation?*

# LEE

*My question is on reflection to plan for life changes. My oldest starts college in the fall and the youngest starts high school. In 5 years I will be facing a shift in lifestyle. What can I do today to help me better mentally prepare and plan for that future.*

