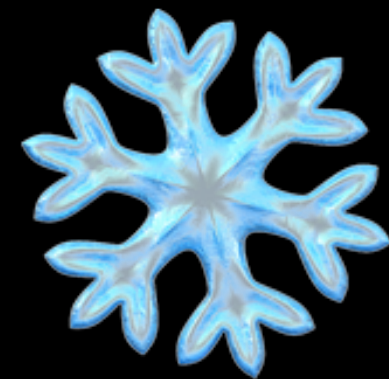


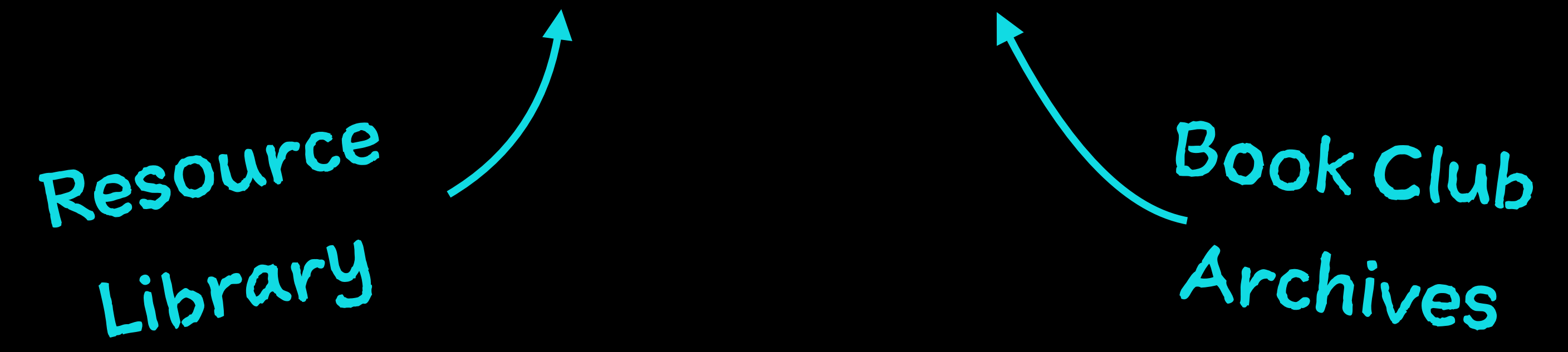
FOCUS CLUB



January 2018



thefocuscourse.com/dashboard



TODAY'S TOPICS

Productivity

Q&A

01

JANUARY
2018

S M T W T F S

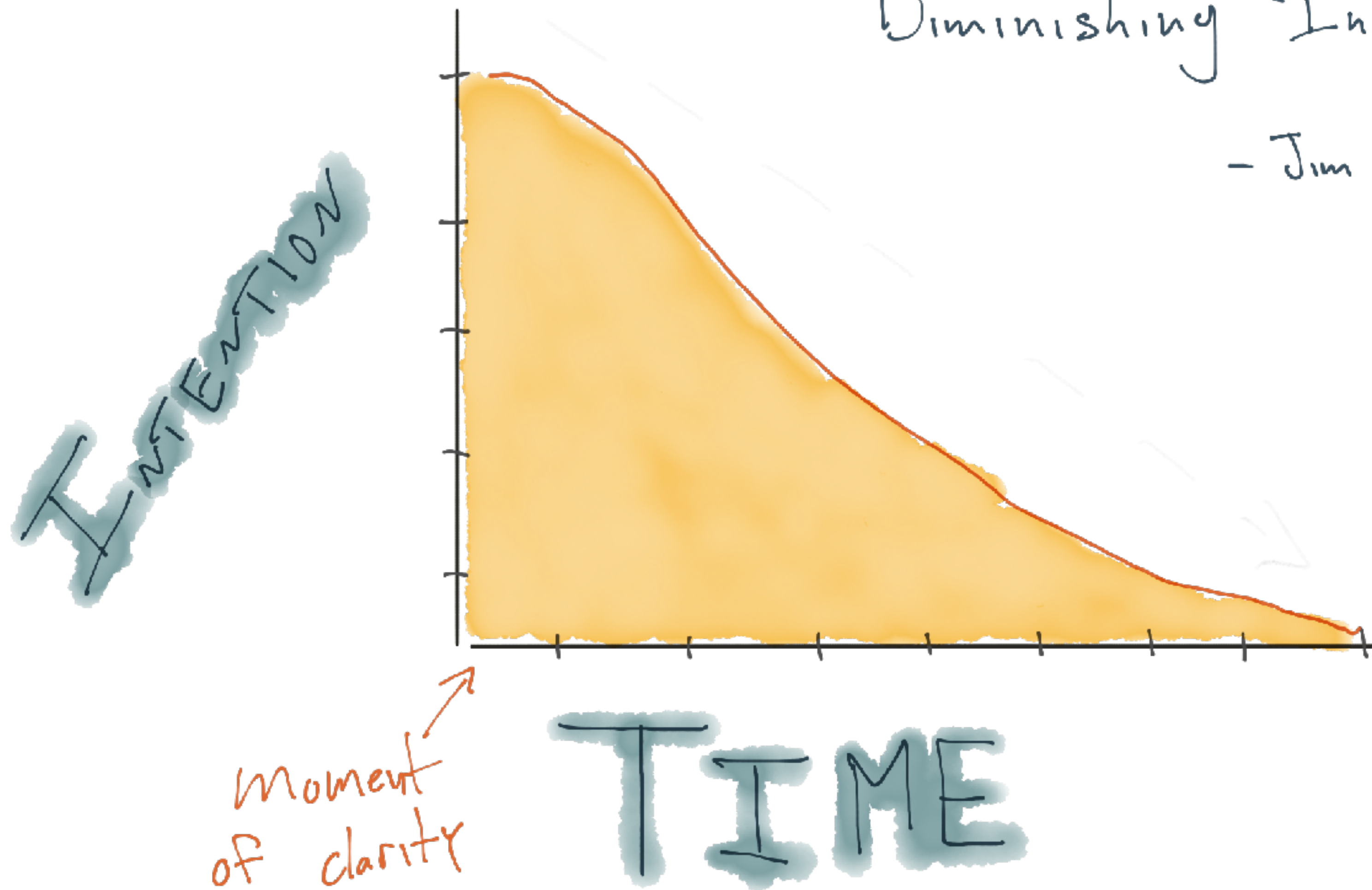
| | | | | | | |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

- **The Law of Diminishing Intent**
- **The Ivy Lee Method**
- **Habit vs Accomplishment Goals**
- **Scheduling Your Tasks**
- **Peak Performance**

*The longer you **wait** to take action,
the less likely you are to take action.*

The Law of Diminishing Intent

- Jim Rohn



THE

Ivy

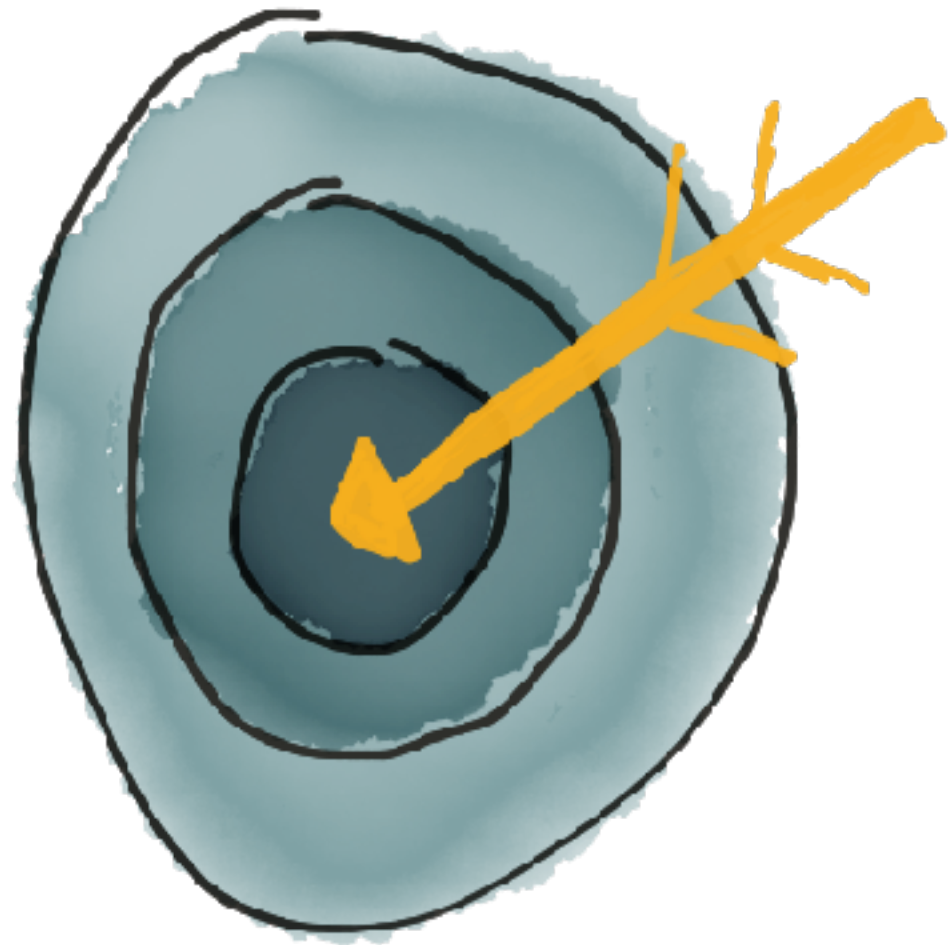
LEE

METHOD

- ~~1. Trash~~
- ~~2. Write~~
- ~~3. Email~~
4. Errands
- ~~5. Run~~
6. Pay bills



1. Errands
2. Pay Bills
3. Read a Chapter
4. Schedule Mtg.
5. Mow lawn
6. Call Mom



ACCOMPLISHMENT
GOAL

| | | | | | | |
|---|---|---|---|---|---|---|
| x | x | x | x | x | x | x |
| x | x | x | | x | x | |
| x | x | x | x | x | | |
| | x | x | x | x | x | x |
| x | x | x | x | x | x | x |
| x | | x | x | x | x | x |
| x | x | x | x | x | | |

HABIT GOAL

SCHEDULE YOUR "M.I.T.s"

Most
Important
Tasks

Today's
Schedule

Thursday

- Do YOGA
- Write blog post
- Reply to email

6:15 → Yoga
7:00 → Breakfast
8:00 → write
11:30 → Lunch
12:15 → Reply to email

20% energy
spent to
get the first
80% Results

80% Results

**20%
Results**

4% energy
spent to
get the first
64% Results

80% of the above 80%
64% of total results

1% energy
spent to
get the first
50% Results

80% of the above 80%
50% of total results



If there is one thing you can do that will
bring about disproportionate results
compared to the energy you put in, then do
that one thing at all costs.

20% energy spent to get the first 80% Results

80% Results

20% Results

4% energy spent to get the first 64% Results

80% of the above 80%
64% of total results

1% energy spent to get the first 50% Results

80% of the above 80%
50% of total results



If there is something that will bring about disproportionate results compared to the energy you put in, then do that one thing at all costs.

- What your mind and body need?
- What you and your family need?
- What motivates you?
- Your ideal environment that sets you up for a successful day?
- What obstacles you often hit?
- What is the edge of your skill set and comfort zone?

20% energy
spent to
get the first
80% Results

80% Results

**20%
Results**

4% energy
spent to
get the first
64% Results

**80% of the above 80%
64% of total results**

1% energy
spent to
get the first
50% Results

**80% of the above 80%
50% of total results**



If there is one thing you can do that will bring about disproportionate results compared to the energy you put in, then do that one thing at all costs.

Q & A



JUSTIN

Since it's a new year, I thought I take another look at how I'm structuring my day. How do you structure your typical day? What are some effective strategies to designing a great day?

CAMDEN

Work cycles: Why 8 weeks instead of 7 or 12?

Have you experimented with different durations? What do you like about 8?

HUGO

I have a new challenge for 2018: create a blog/site to sell a course about programming. Do you have any tips for content creation? What tech stack are you using to sell your course?

