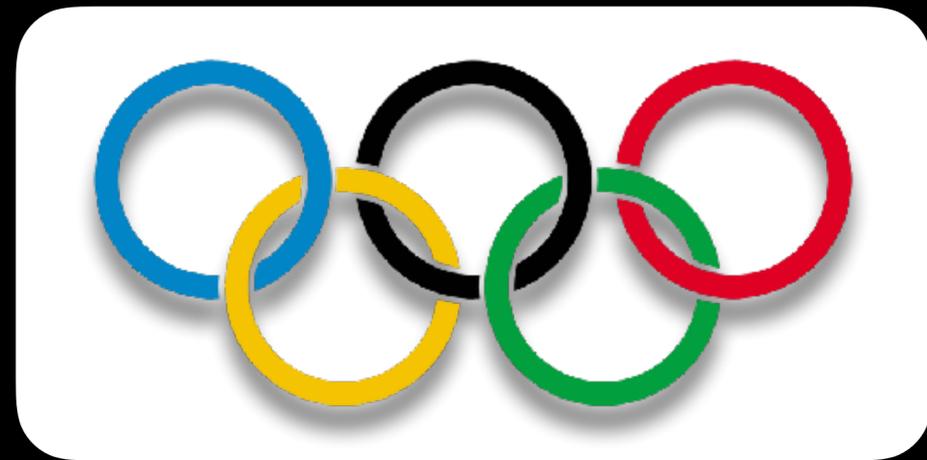


# FOCUS CLUB



February 2018

Your classes  
and courses

Coaching Calls  
Archives

Group Coaching  
Schedule

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

Resource  
Library

Book Club  
Archives

# TODAY'S TOPICS

1. Making Trade-Offs
2. You can't be awesome at Everything
3. Q&A

*“We can try to avoid the reality of trade-offs, but we can’t escape them.”*

**Greg McKeown**

# QUESTION

*What are the 3 or 4 things you want to have in 30 years?*

*What are 3 or 4 things you don't want to carry regret over 30 years from now?*

1. Thriving Heart
2. Thriving Marriage
3. Friendship with my Kids
4. Physically Healthy

What are the things that  
aren't on your list?

Outside of your career, is there anything that consumes a large amount of your time on a weekly basis that doesn't line up with your short list of things you want in 20 – 30 years?

*“You can do anything you want,  
but not everything you want.”*

**David Allen**

**YOU CAN'T BE**

**AWESOME AT EVERYTHING**

# YOU CAN'T BE AWESOME AT EVERYTHING

- The perfect Pinterest birthday party
- The gym selfie
- The perfect family vacation at the cabin on the lake
- The friend that just got the promotion at work
- The random person that hand letters their to-do list every day
- The co-worker that packs a perfectly balanced, all natural, locally sourced, organic lunch every day
- The guy who reads 150 books a year
- The author you admire that writes 3,000 words a day
- The keynote speaker that travels itinerantly

*It's easy to look at everyone else's  
awesome life and think we should have  
one of everything.*

*Who are the people I'm  
willing to disappoint?*

*Who are the people I'm not  
willing to disappoint?*

1. Trade-offs are Real

2. I can't be Awesome  
at Everything

**WHAT AM I GOING TO BE  
AWESOME AT?**



*What two areas of life feel most important for the upcoming year?*

**Inner  
Personal**

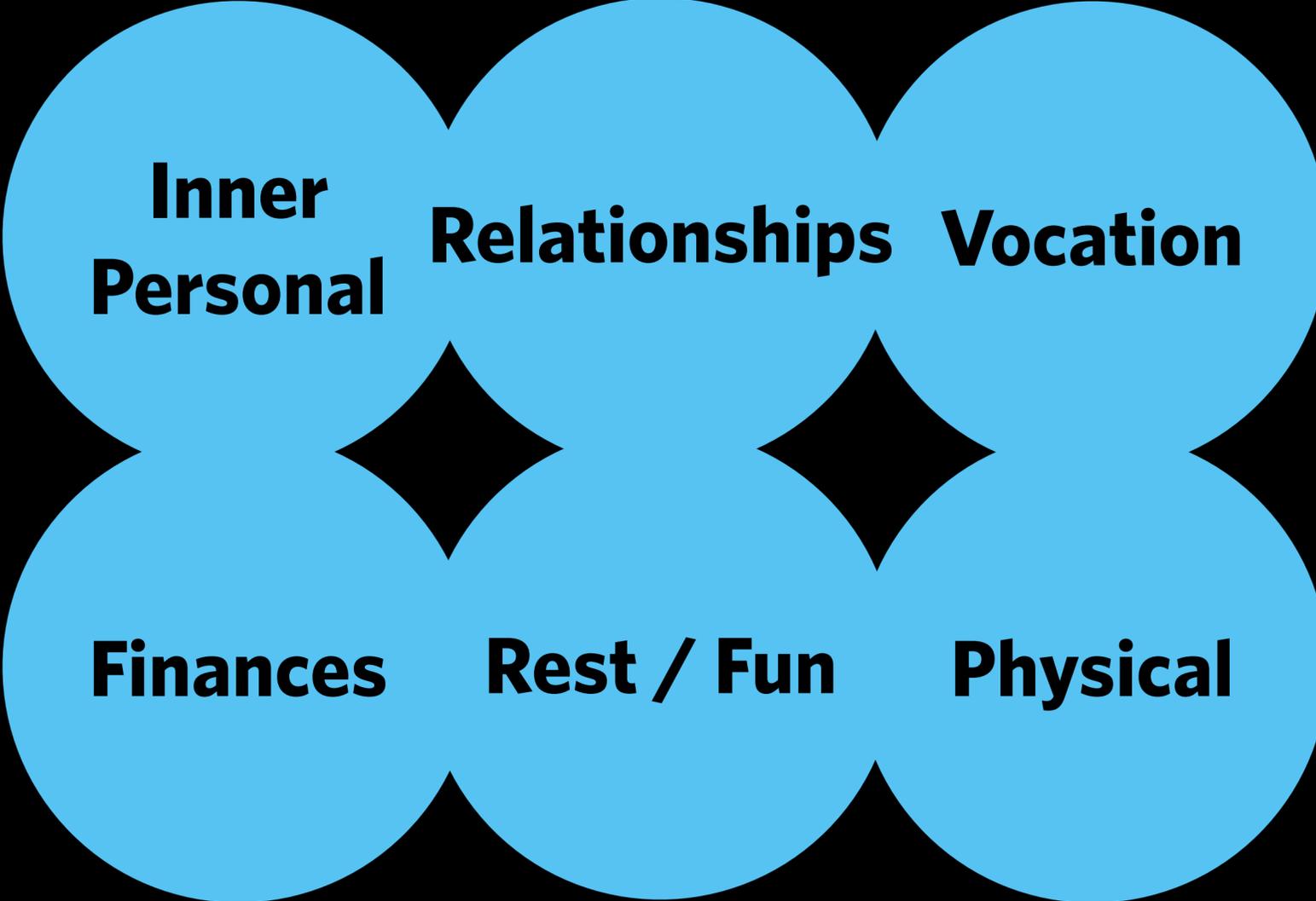
**Relationships**

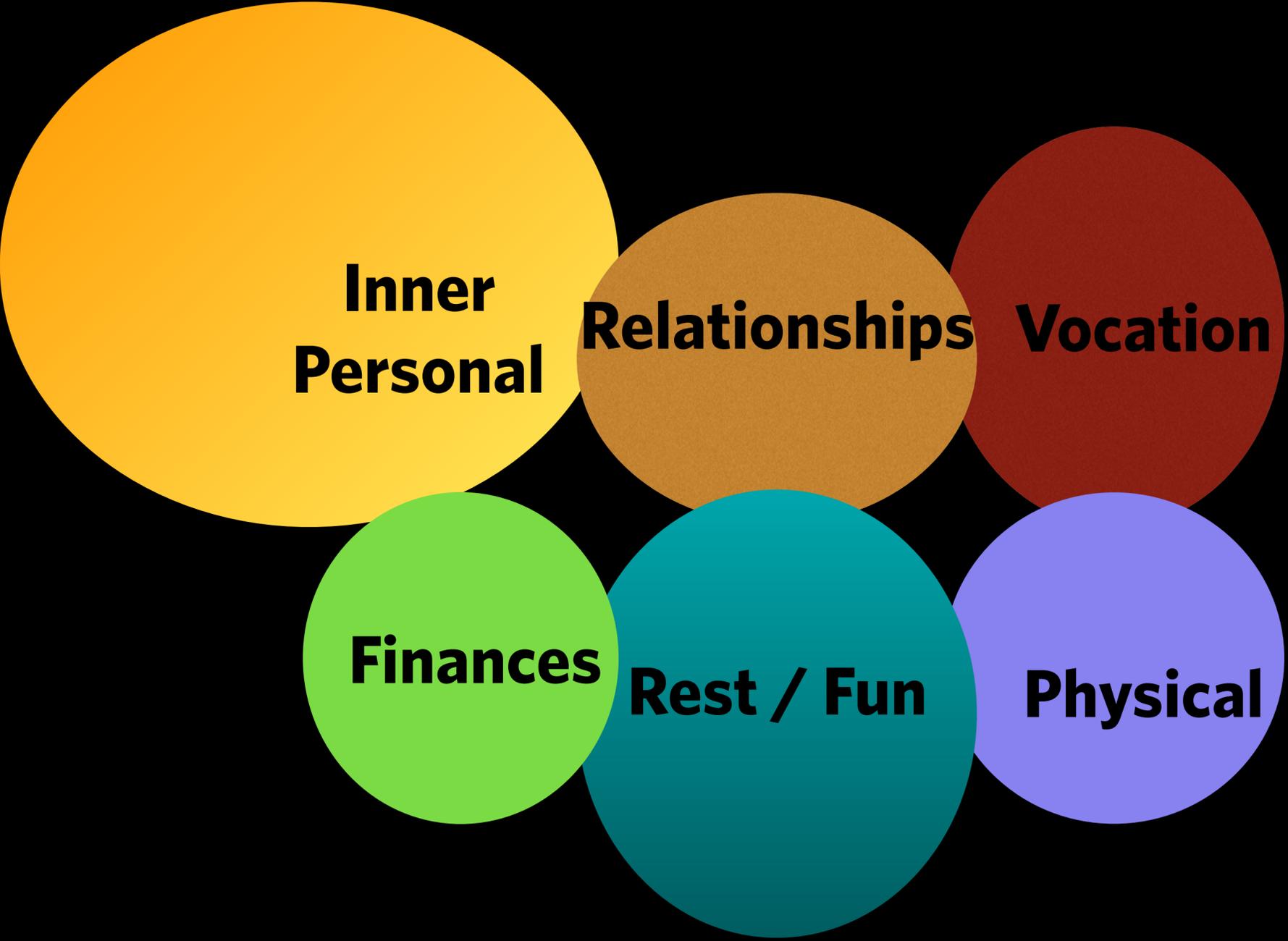
**Vocation**

**Finances**

**Rest / Fun**

**Physical**





**WHAT AM I GOING TO BE  
AWESOME AT?**



**I CAN'T BE**

**AWESOME AT EVERYTHING**

*“Most people overestimate what they can do in one year and underestimate what they can do in ten years.”*

**Bill Gates**

**Q & A**

# CLAIRE

*I read your recent blog post on the law of diminishing intent, and I agree with this entirely. But I find a conflict between this and staying focused on the things that I have planned to do today.*

*Gary Keller says that until you have completed your One Thing, everything else is a distraction. So how do you avoid allowing that lightbulb moment to become a distraction from the One Thing? I often have an idea, and I write it down so that I can act on it later.*

# CLAIRE

*If it's something like 'I must reorganize the utility room' it works well, because I only have to walk into the utility room to see what needs doing (it's a mess!). But if it's an idea for something I want to write about, I find that, unless I write a really long note - almost the whole article! - when I go back to my note later, I can't recapture the clarity that I had when I first thought of it, and I often end up abandoning the note.*

*How do you capture the clarity of your ideas without allowing them to distract you from your current focus?*

# DANIEL

*I am now responsible for managing a small computer modeling group (there are three of us) and I am wondering if you might have any recommendations on good resources for learning how to manage a small team effectively and with empathy.*

*knowyourcompany.com/learn*

# ROB

*I took some time off over the last six weeks and am having trouble getting re-focused with so much on my plate and getting distracted from the important things.*

*Too much to do and not enough time.*

