

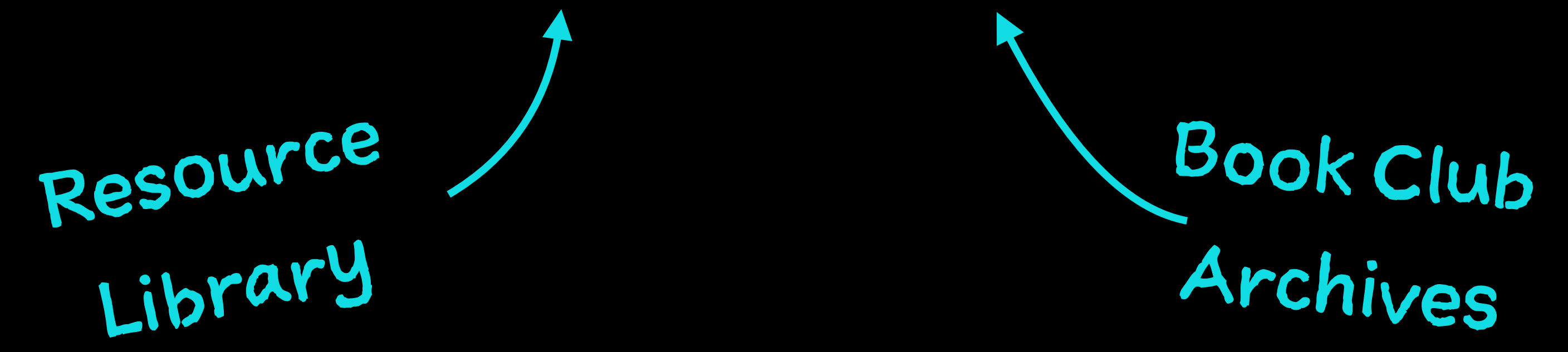
FOCUS CLUB



May 2018



thefocuscourse.com/dashboard



TODAY'S TOPICS

Rest Habits

Q&A

**Inner
Personal**

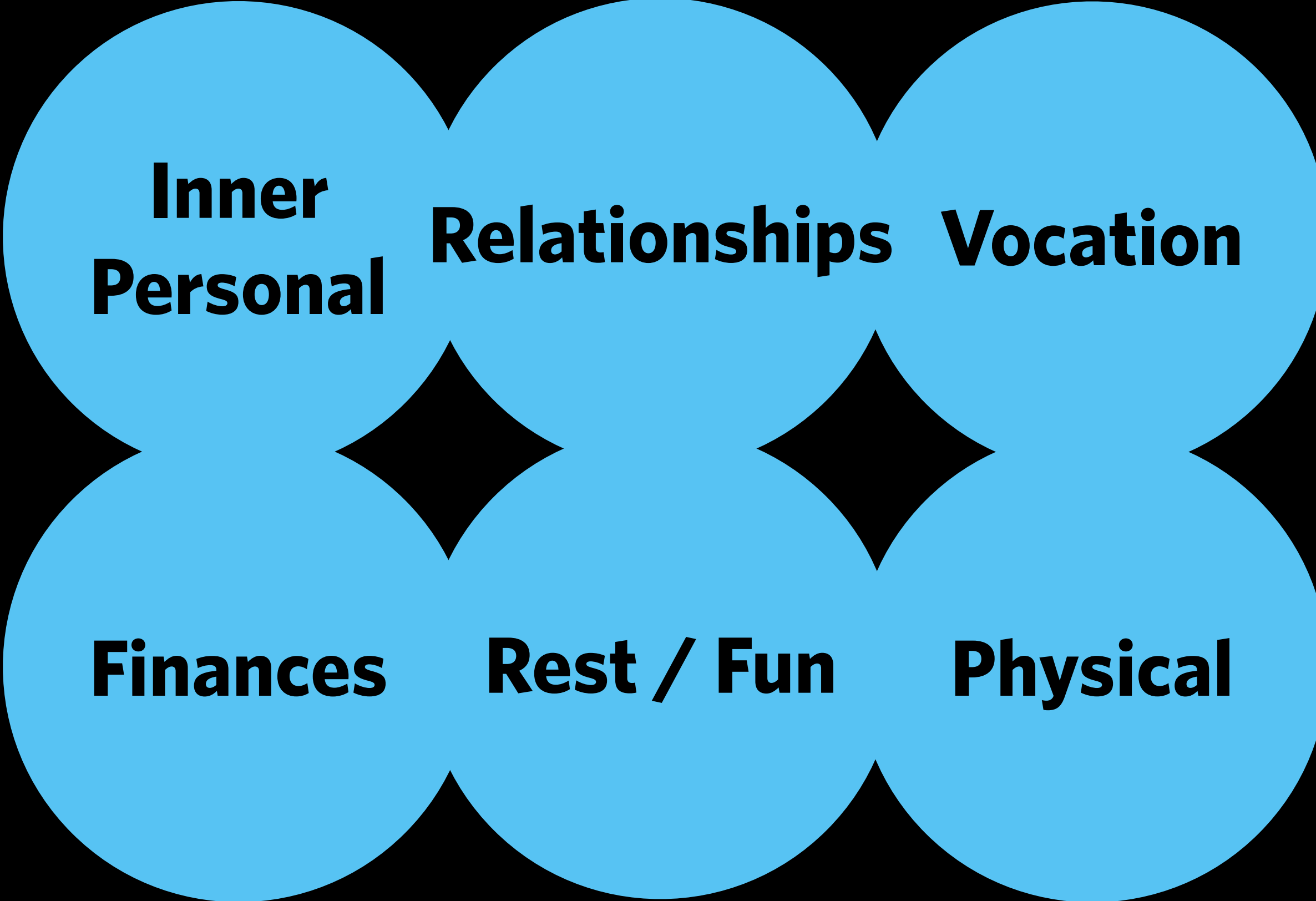
Relationships

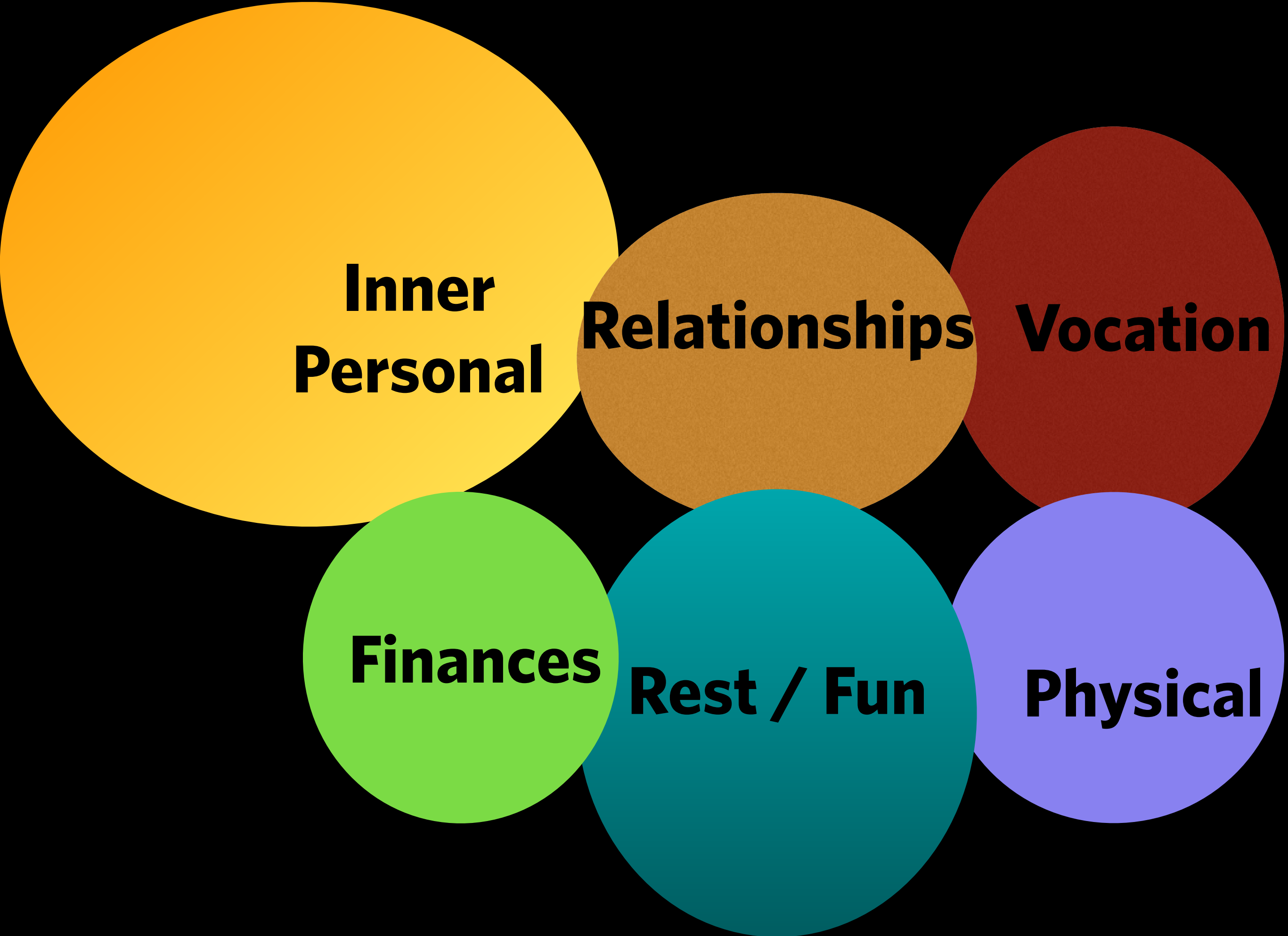
Vocation

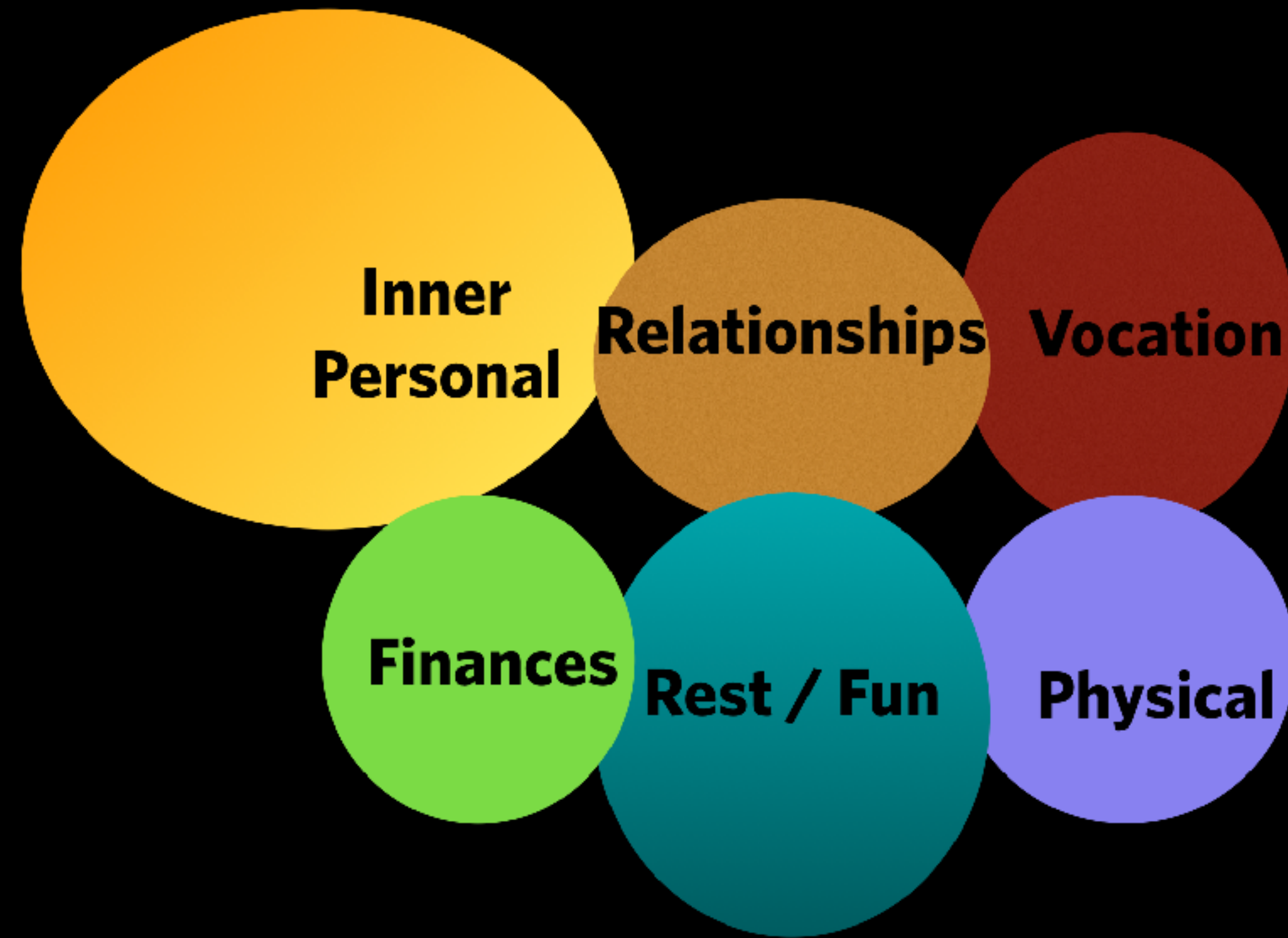
Finances

Rest / Fun

Physical



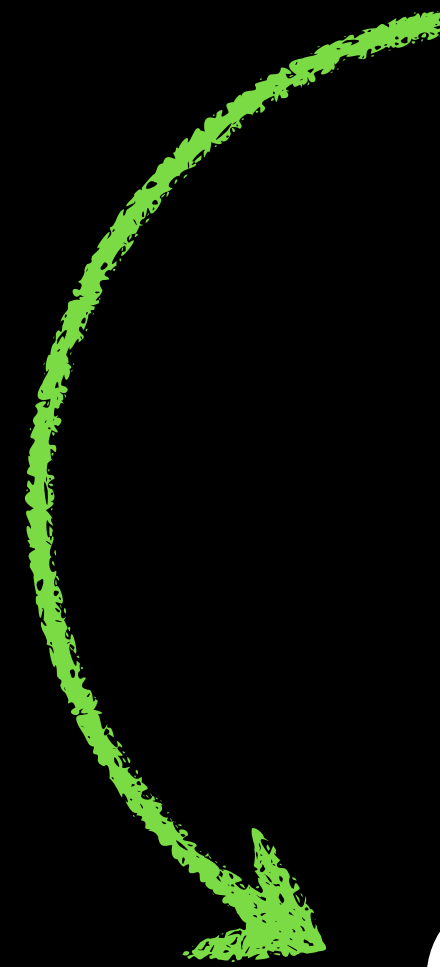
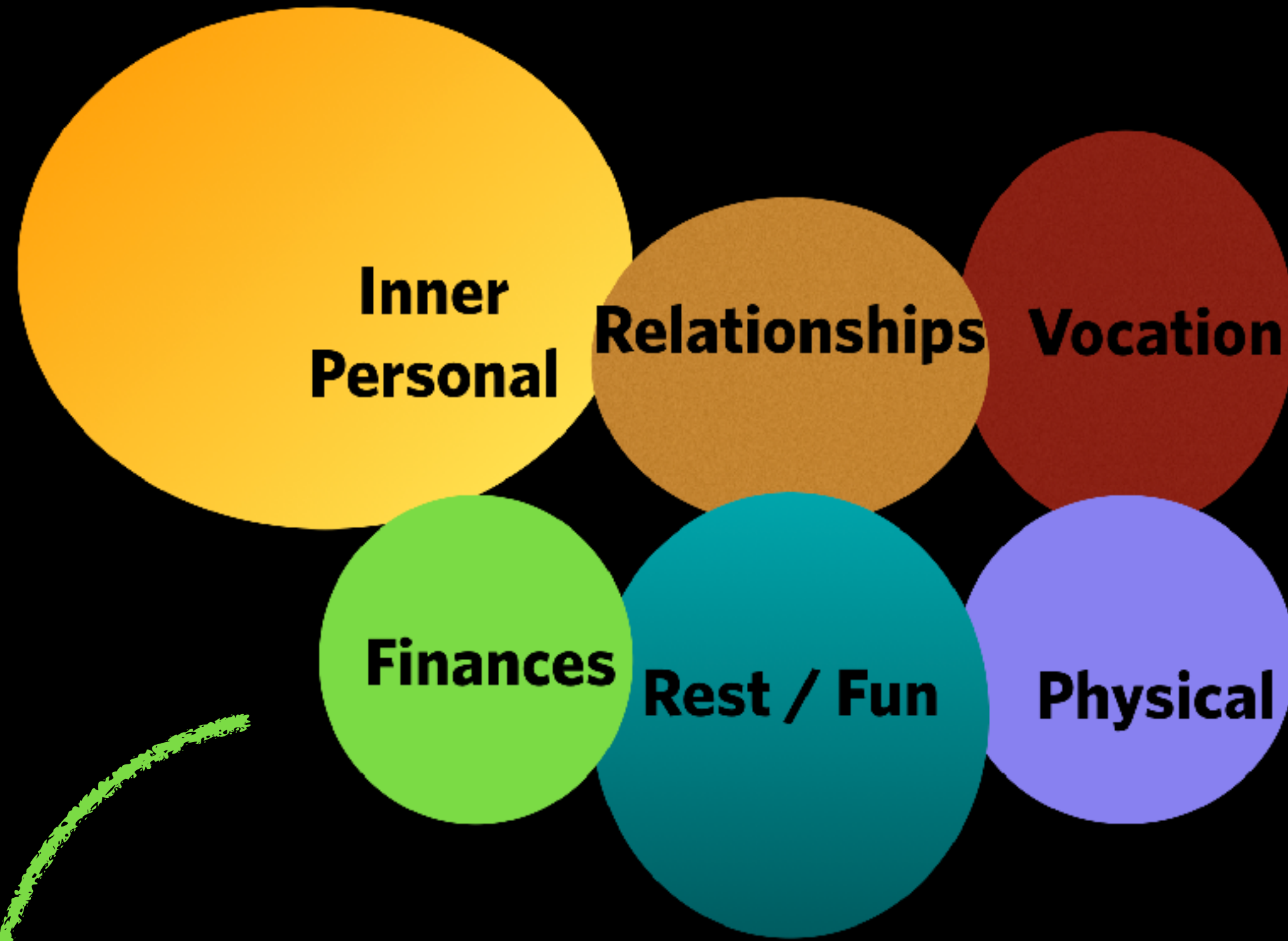




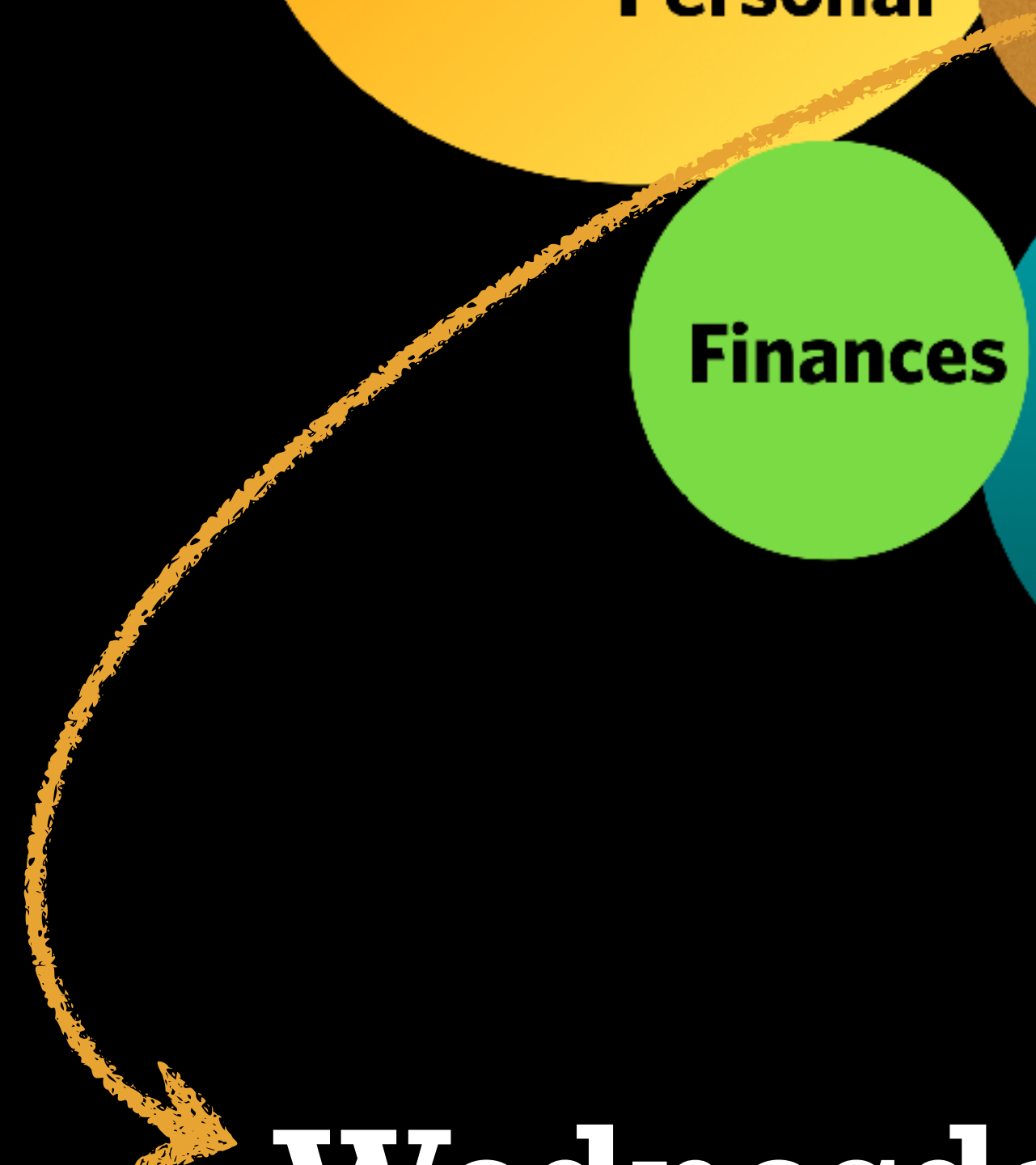
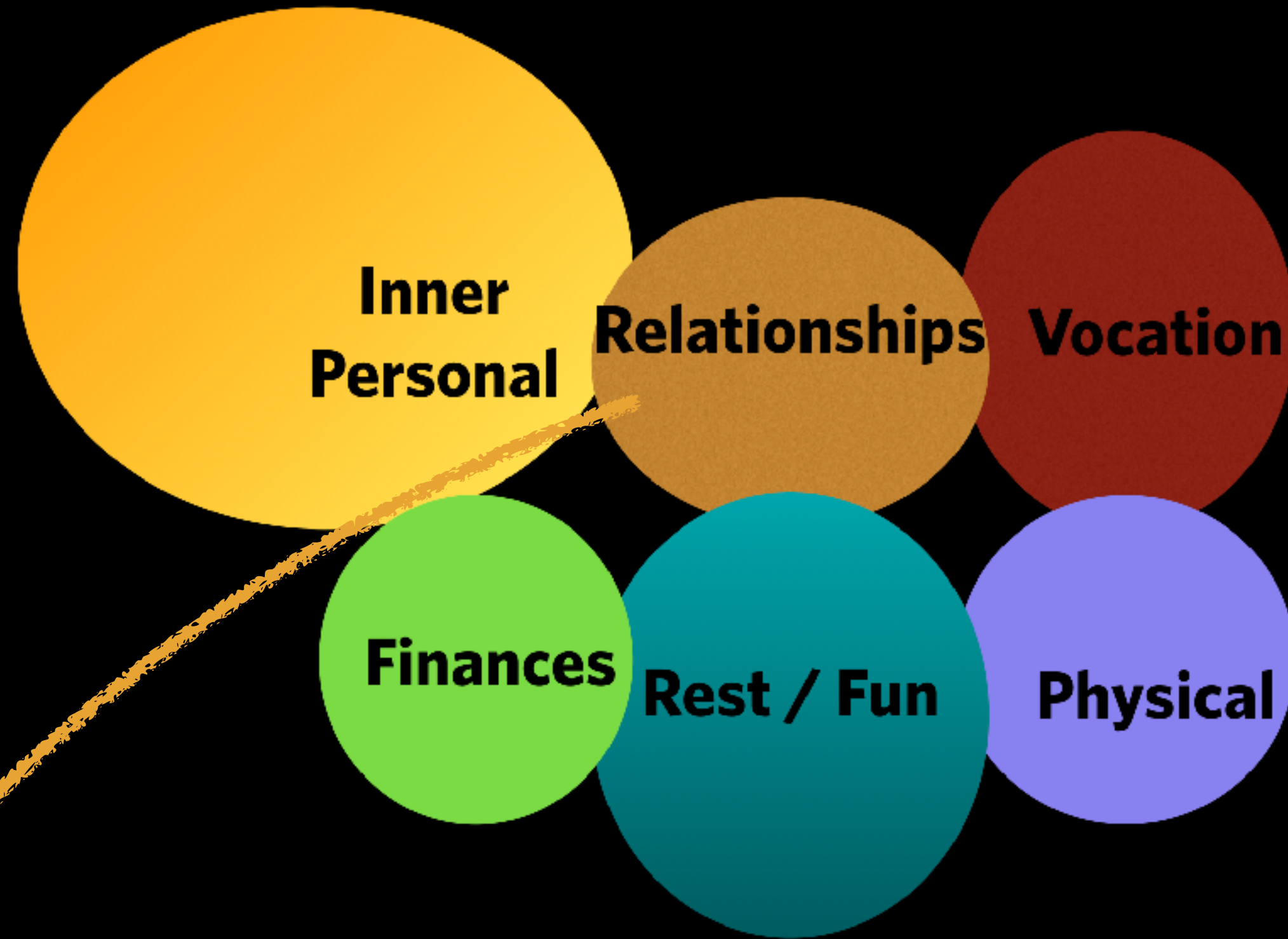
Habits & Routines

*“People do not decide their futures,
they decide their habits, and their
habits decide their futures.”*

— F.M. Alexander



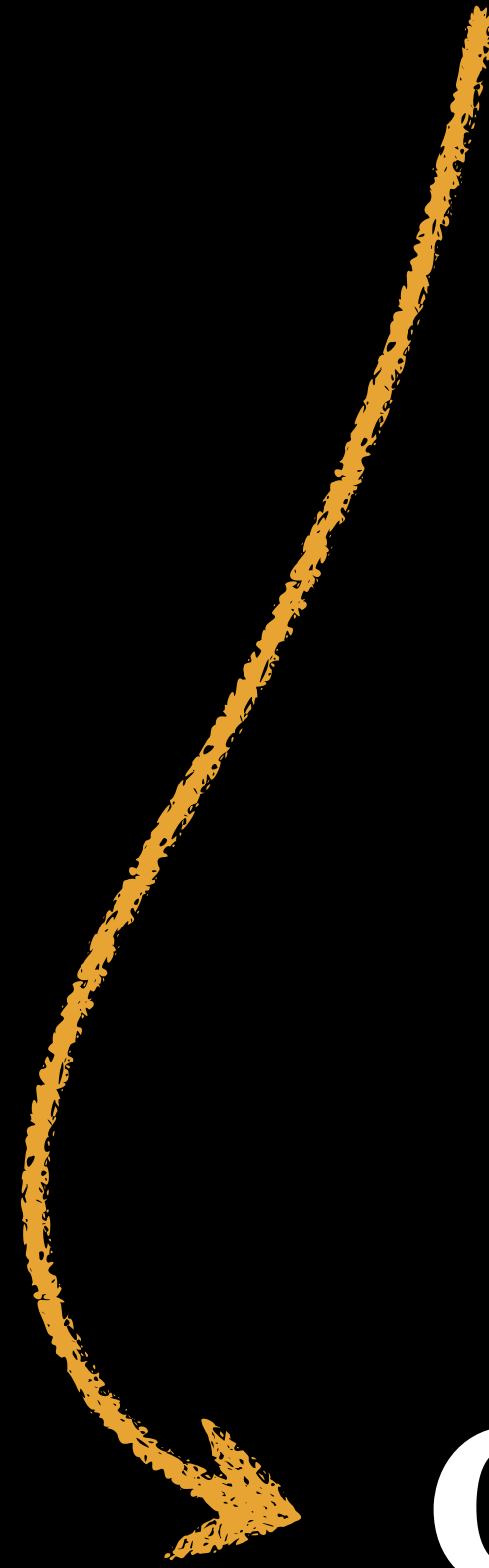
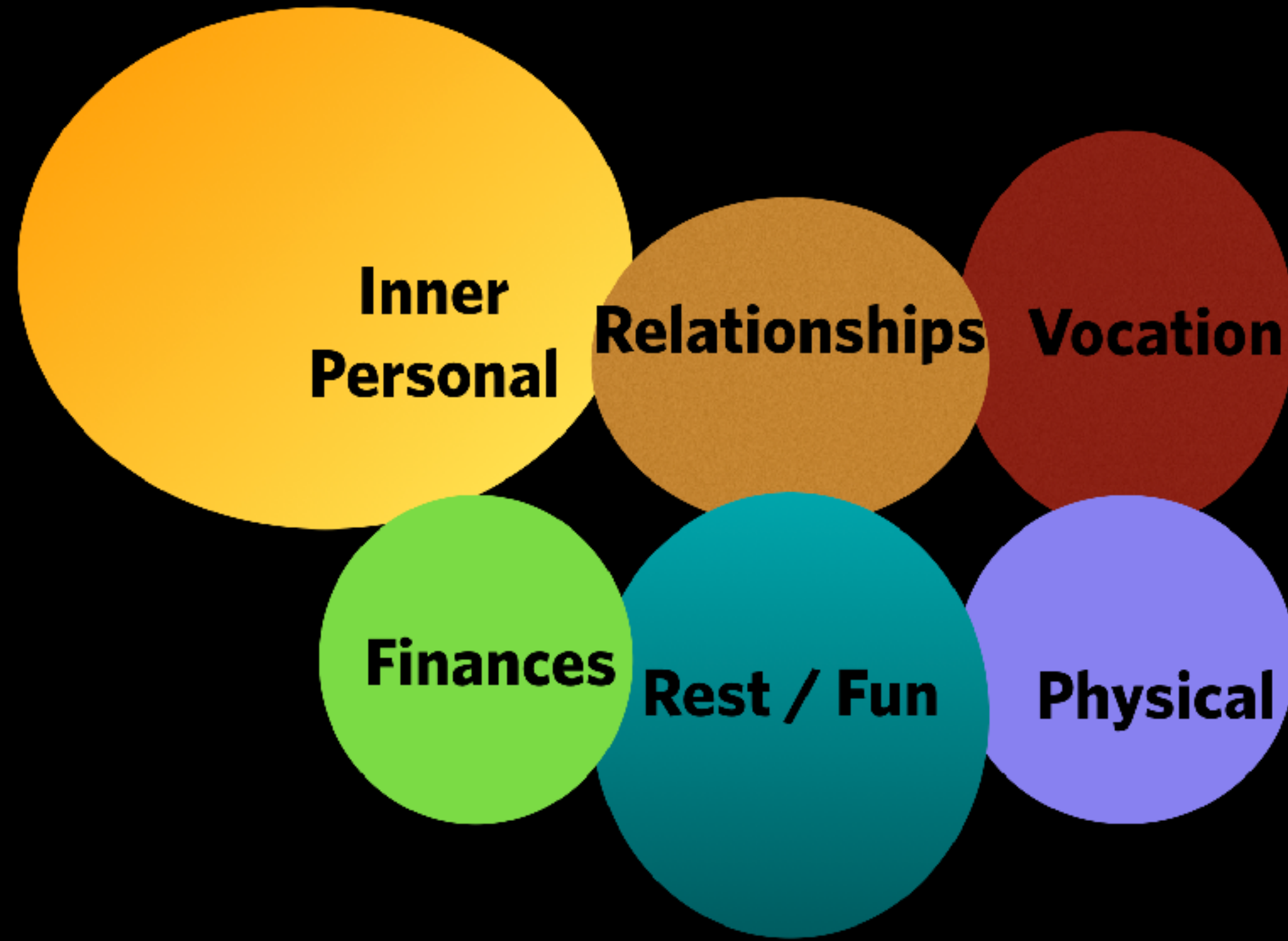
Cash Envelopes



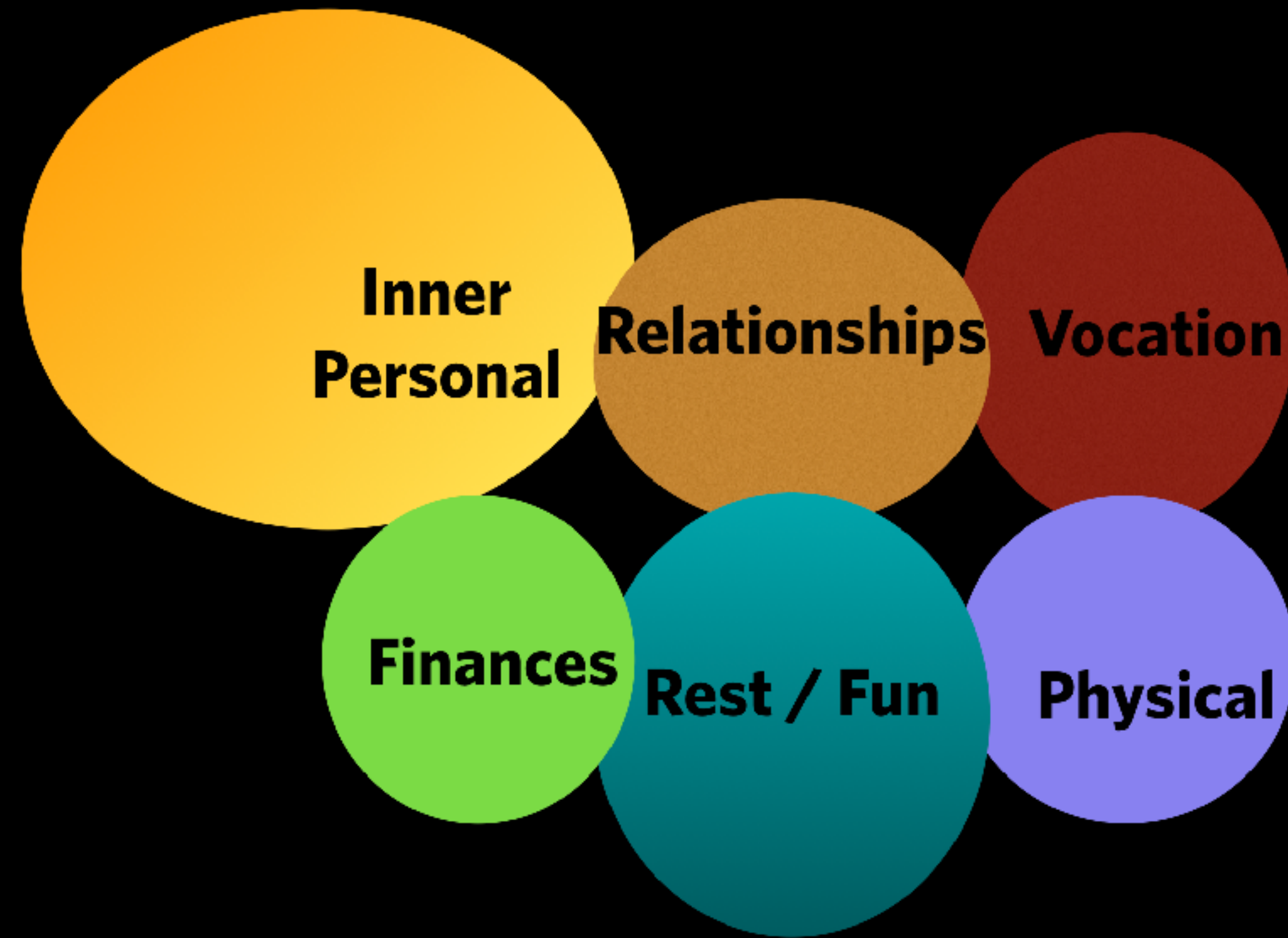
**Wednesday Date Night &
Saturday Family Day**



**Write Every Day &
Leave a Note Out**

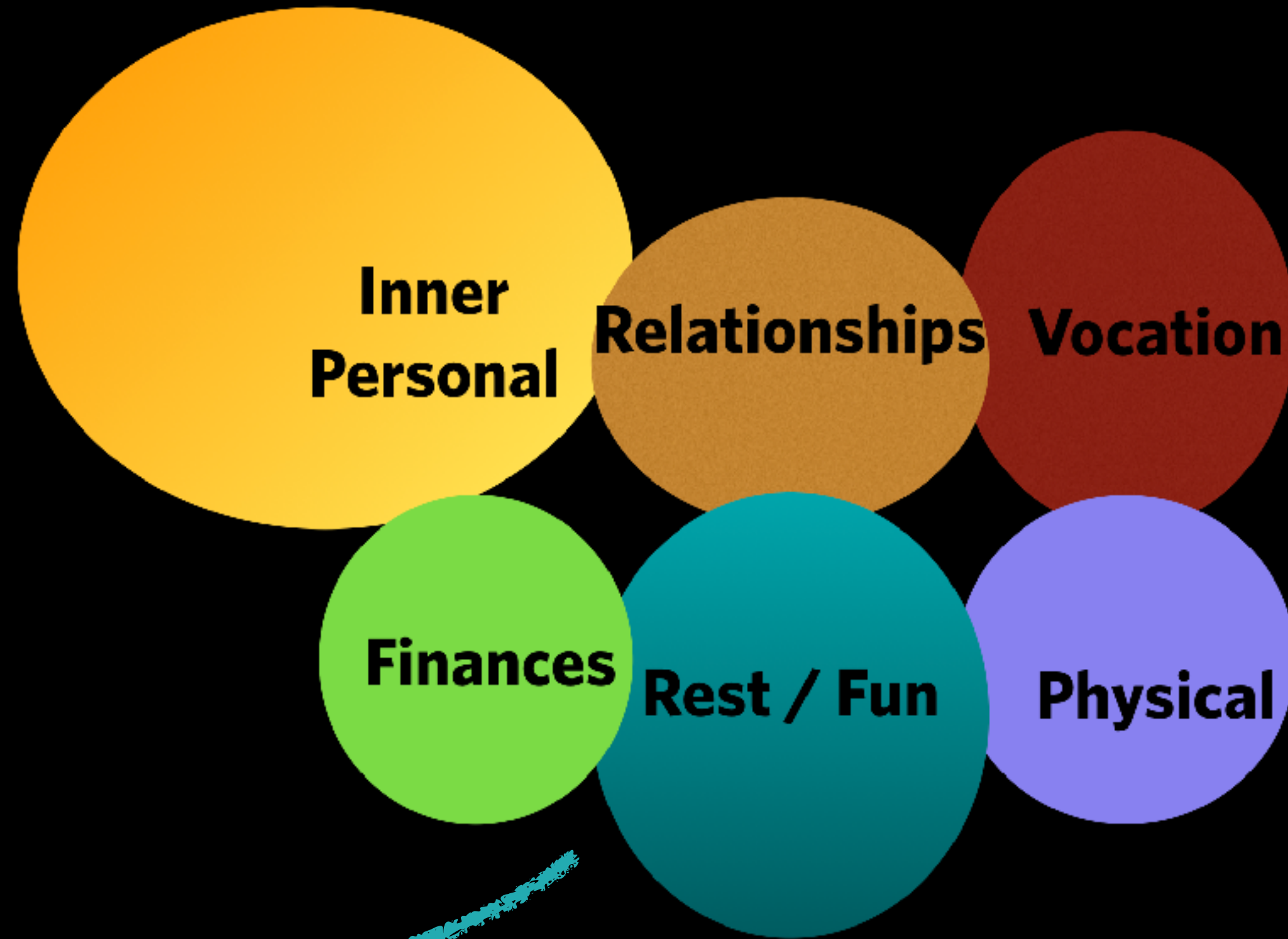


Celebrating Small Wins

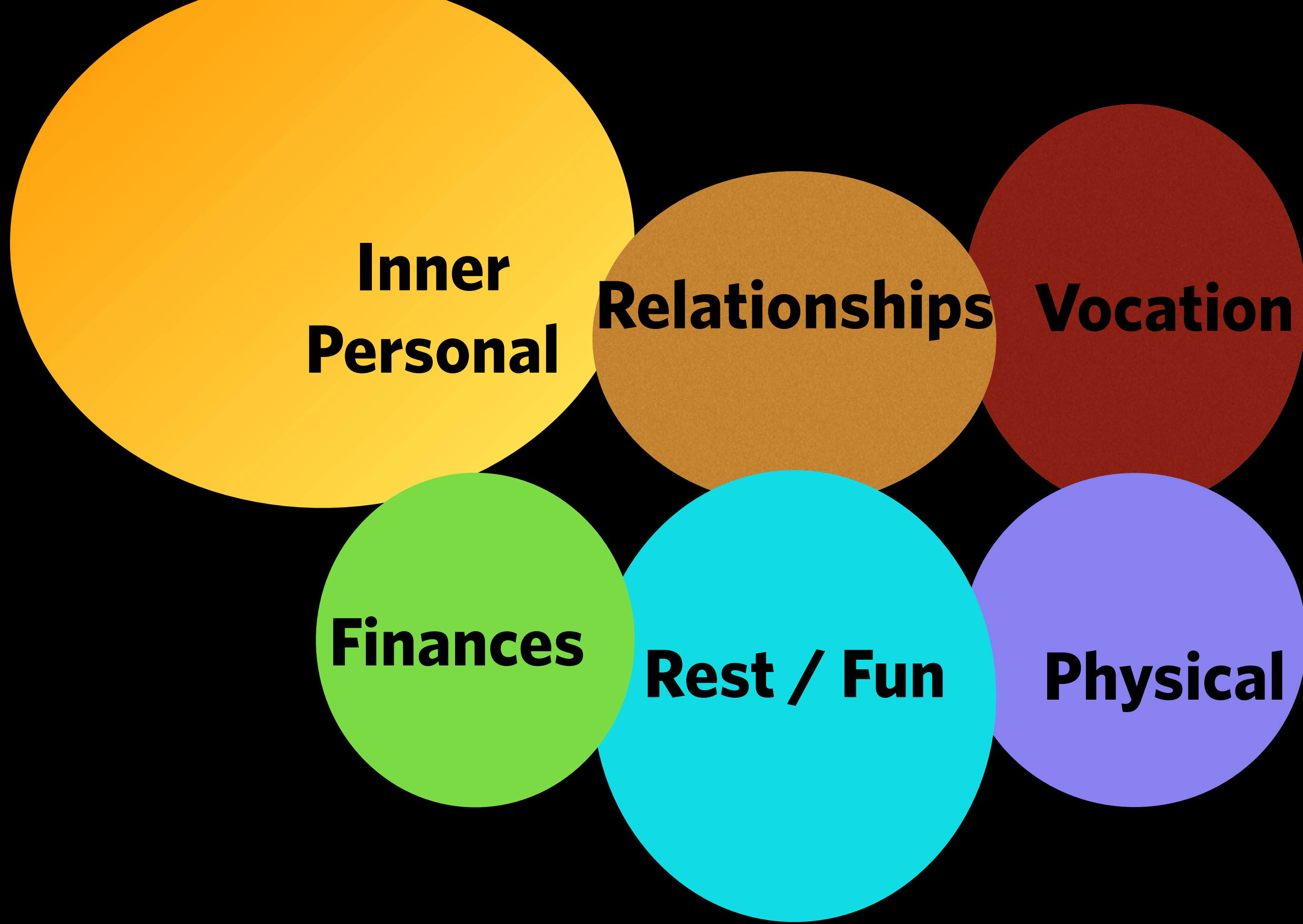


Yoga & Running

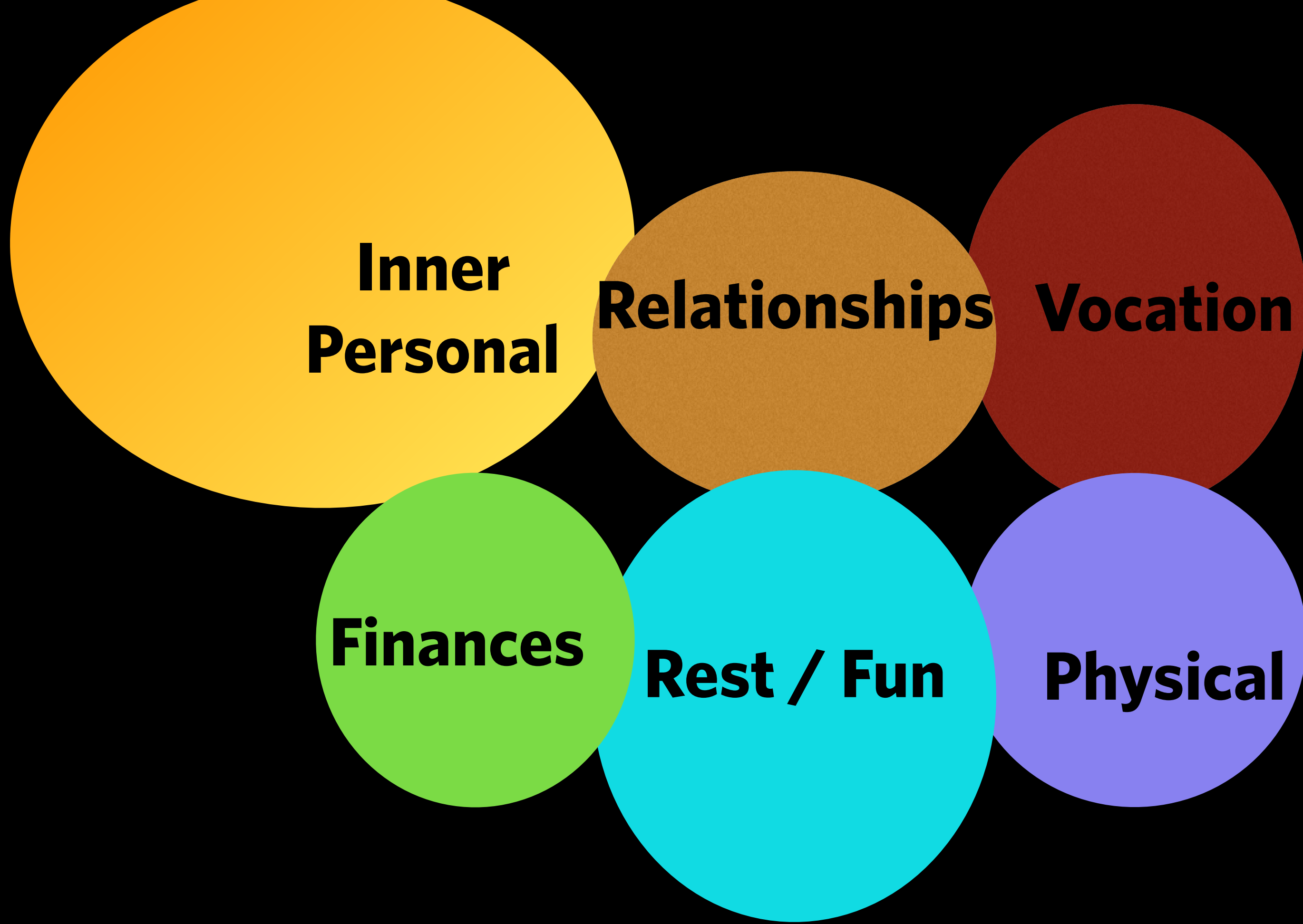




**Reading &
Working With Hands**

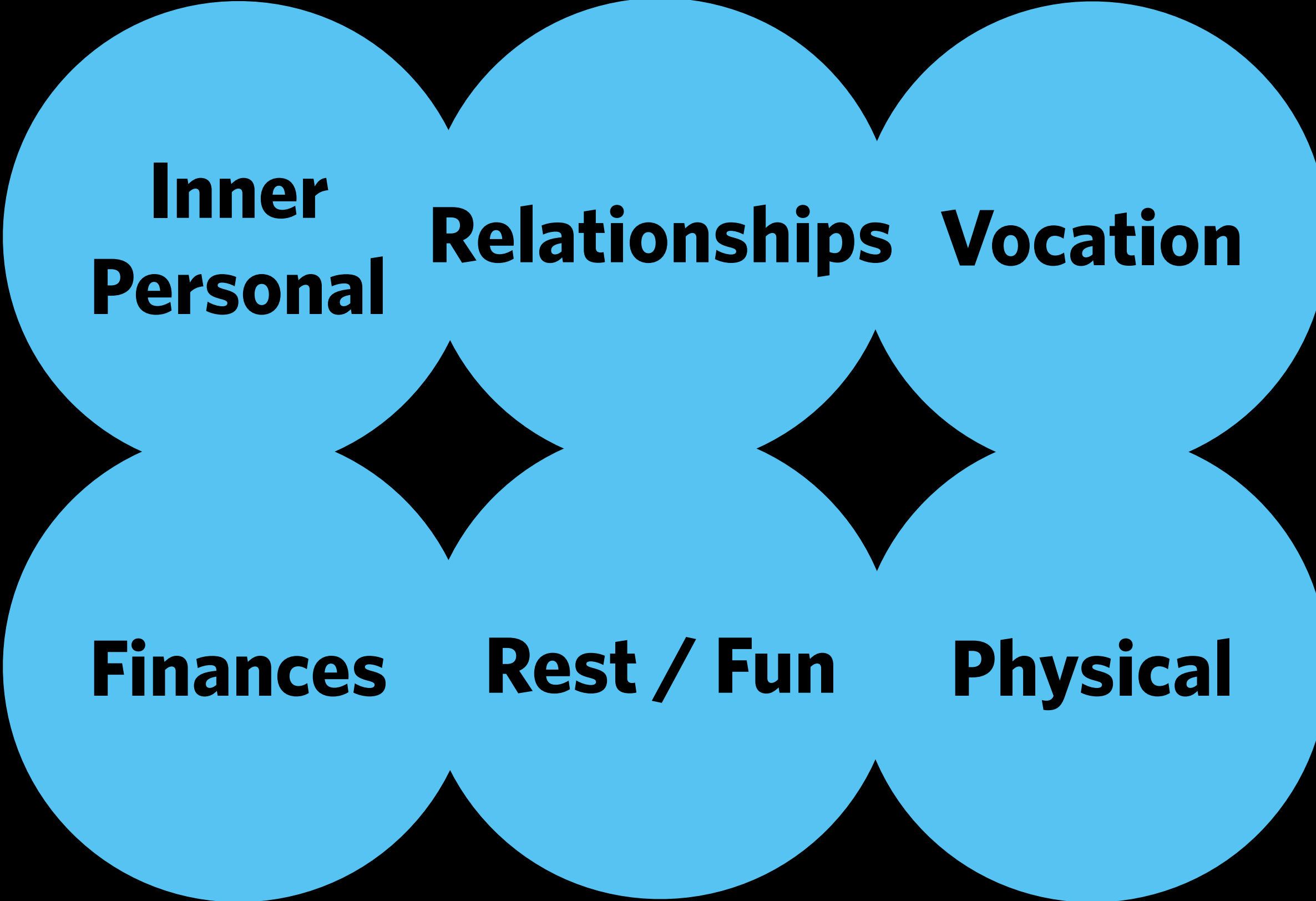


Neglected or Squandered



Neglected or Squandered

If our lives were to be taken over by what is urgent, we would never get to what is truly important.





Rest / Fun

Neglected *or* Squandered



Rest / Fun

It matters how you rest.

What leaves you feeling recharged?

What leaves you feeling recharged?

- **Working with my hands**
- **Conversations**
- **Reading**
- **Journaling**

What leaves you feeling recharged?

- Working with my hands

- Conversations

- Reading

- Journaling

NEETFLIX

Activation Energy is a Jerk

Build Better Defaults

Mornings

Evenings

Build Better Defaults

Weekends



The 5-Minute Rule

Rest with your hands.

Cheat Day

Raise the Activation Energy for the things you **don't want to do.**

**Lower the Activation Energy for
the things you **do** want to do.**

Q & A



CAMDEN

Day One vs. Evernote:

Does the value Day One provides really outweigh the simplicity of having one system for notes and journal entries?

JUSTIN

My question this coach call has to do with taking action on ideas and is somewhat related to the Law of Diminishing Intent you mentioned earlier this year. I think we all come up with ideas, and some of them may seem great at the time, and not so much in retrospect. How do we distinguish the ideas that we should take action immediately versus the ones that we should let it sit for a while?

JUSTIN

*What are your tips on
dealing with back pain?*

