

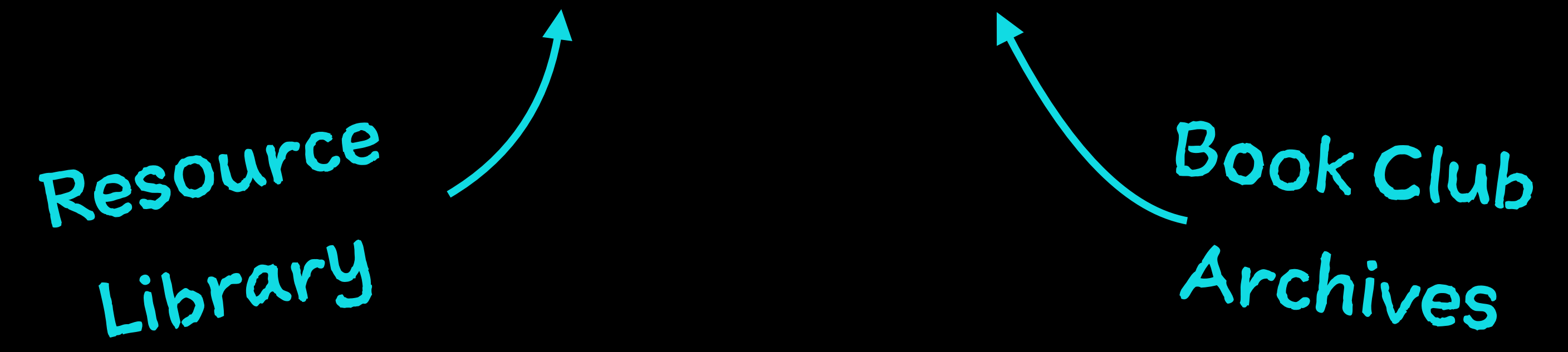
FOCUS CLUB



July 2018



thefocuscourse.com/dashboard



TODAY...

Regaining Momentum

Q&A

Momentum is the driving force gained by the development of a process or a course of events.

Two Types of Momentum Building

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1. Starting From Nothing

2. Re-Starting From Something









When you **LOSE momentum...**



How to Regain Lost Momentum...

Small & Consistent

Lower the Bar of Success

**Define Success &
Track Your Progress**

“It’s difficult to get started; I’m always procrastinating and never seem to even gain any momentum.”

*It's a challenge to find time
and prioritize; I don't
know what to focus on.*

*I take on too many things
at once and get worn out
and lose focus.*

*It's a challenge to control
my to-do list, rather than
let it control me.*

My challenge is trying to find where I should start back up after having faltered in self-improvement. Do I start all over with the basics in my efforts, or do I begin right where I left off?

Failure to bring the whole team with me. A quarter of my team are superstars and the rest are not. All the ideas we work on are never implemented by those non-superstars. How do you pick up and run looking these people straight in the eye and they tell you everything they should, but then do none of it.

Q & A



JOANNA

With so many voices, gurus, amazing products out there...how do you overcome the inner-struggle that your idea or project is already being done by someone else?

For instance when creating The Focus Course how did you tune out other voices or products — or did you allow them to help you fine-tune your vision?

JUSTIN

*What are your thoughts on
the announcements at
WWDC?*

JUSTIN

What are some things you guys do to create margin and a sense of calm at the Blanc HQ?

CLAIRE

Are there any strategies to maintain the freshness and, therefore, effectiveness, of a productivity system without continually creating new systems?

JUSTIN

My question this month is about how to deal with failures and setbacks.

What are ways and strategies to deal with a big setback? Do you have an example of a big setback? How did you deal with it?

