

The Focus Course Presents...

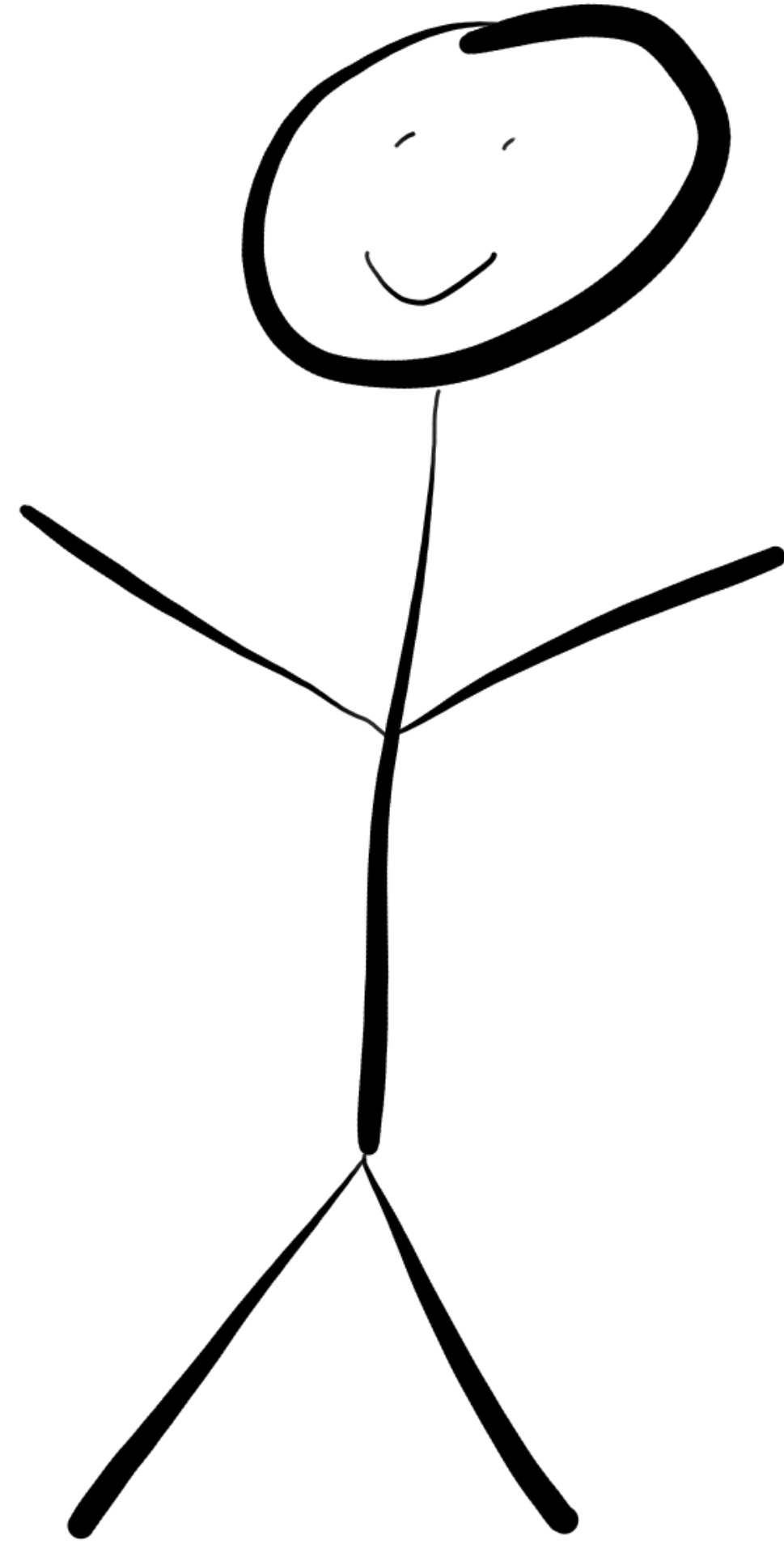
FANTASTIC SYSTEMS



LIFE IS CRAZY BUSY

*And You Can't Manage
Everything All the Time*

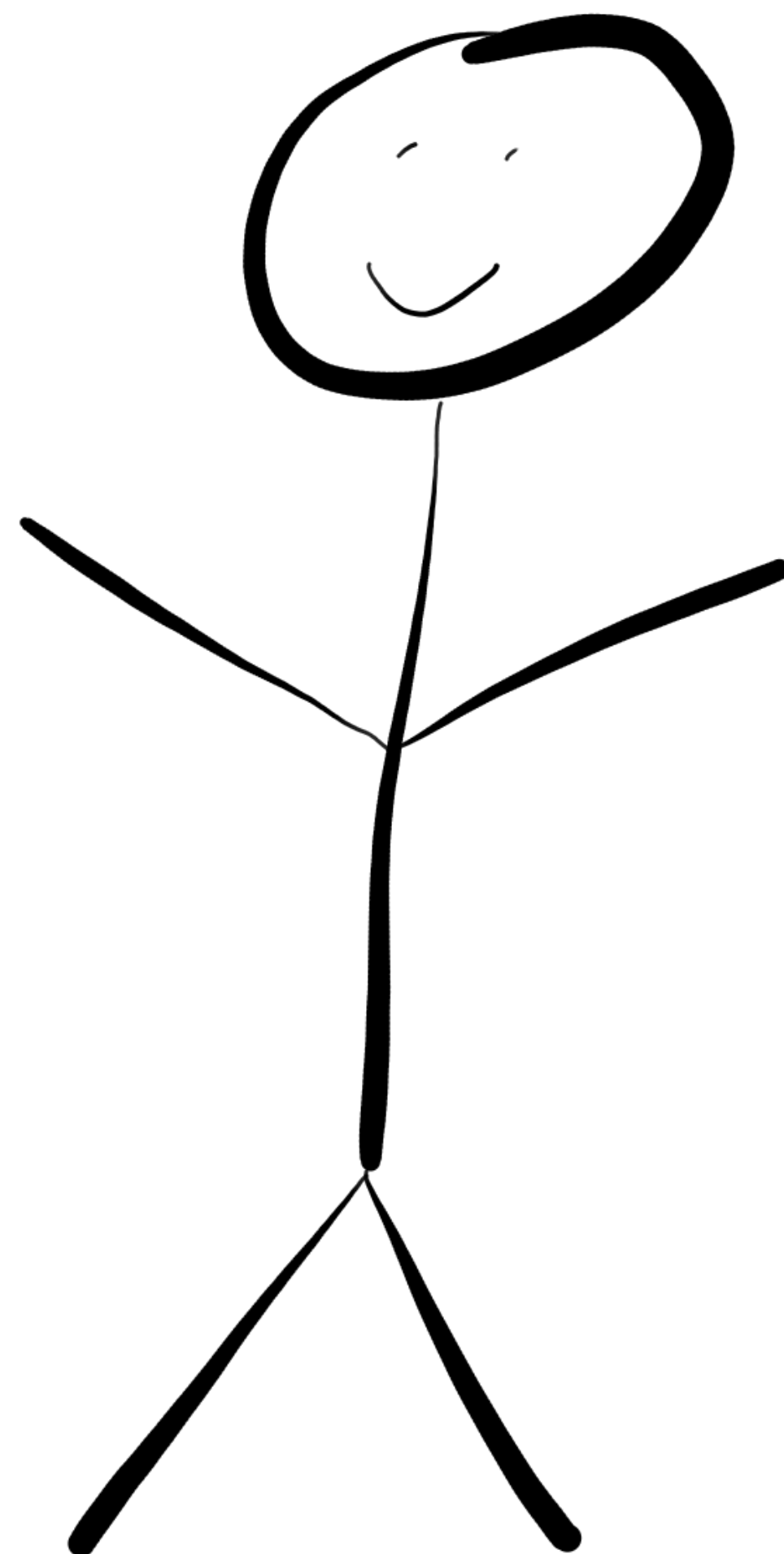
WHY IS LIFE SO BUSY?



MONEY

HEALTH

JOB



REST

RELATIONSHIPS

INNER PERSONAL



**Inner
Personal**

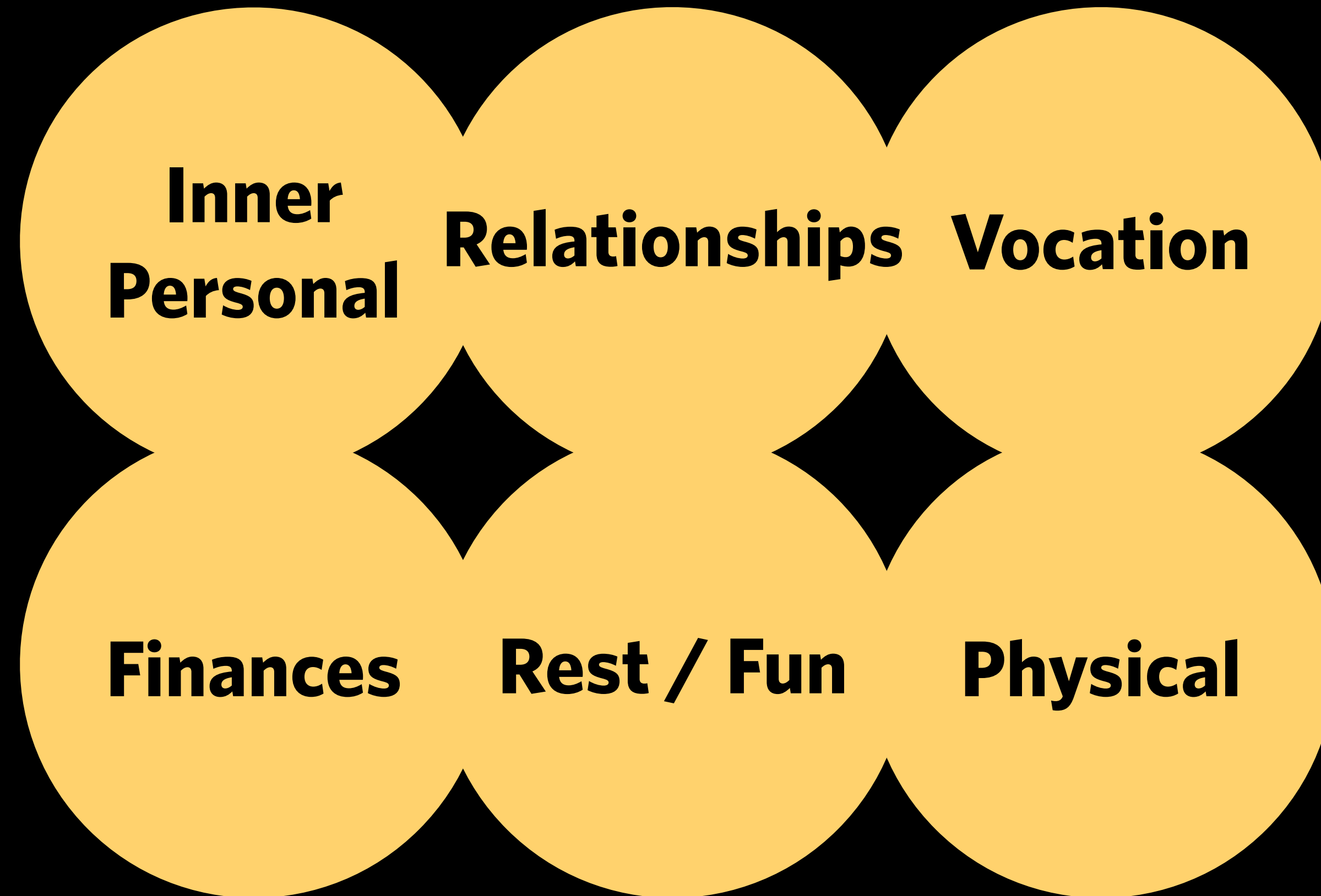
Relationships

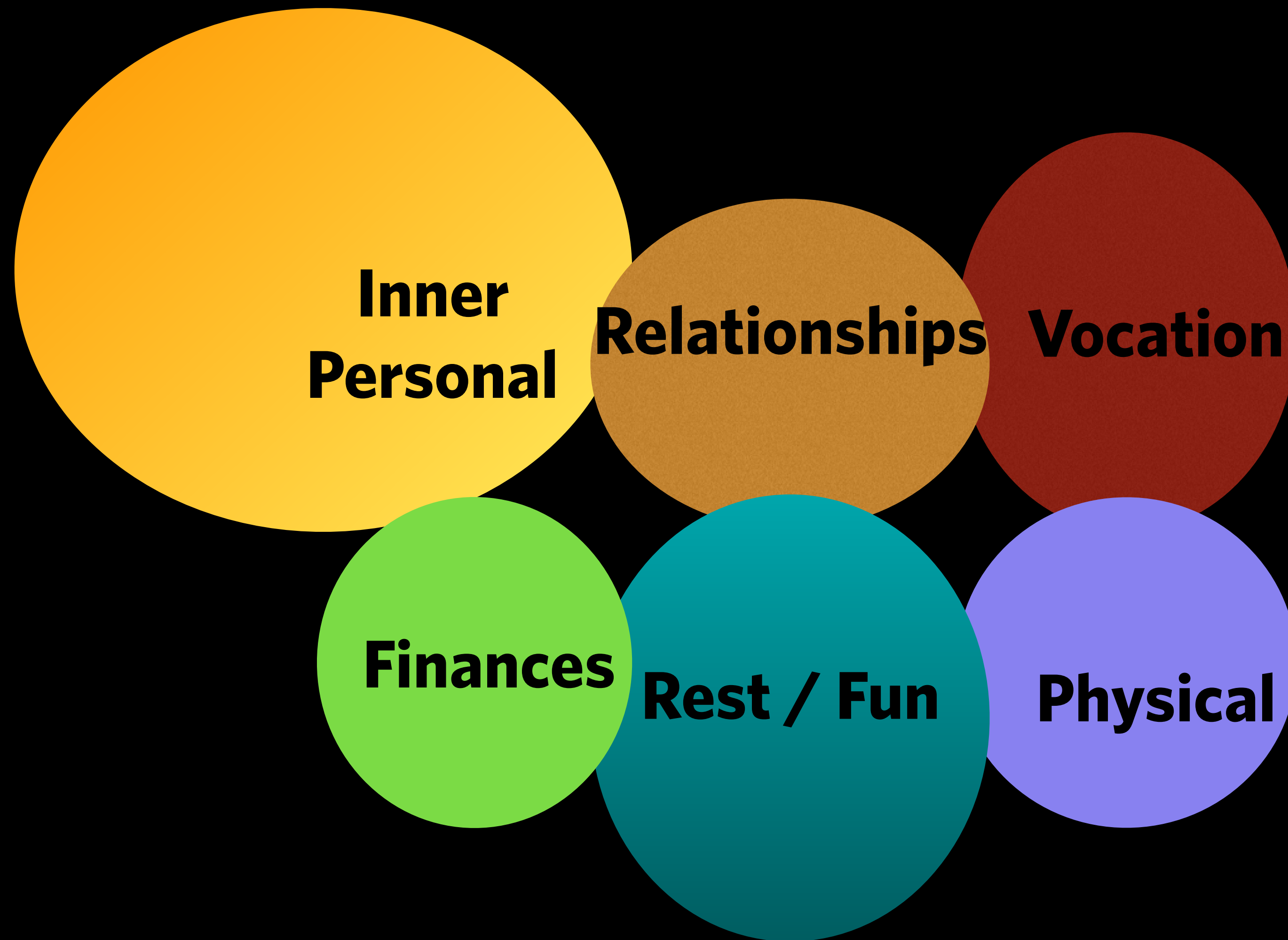
Vocation

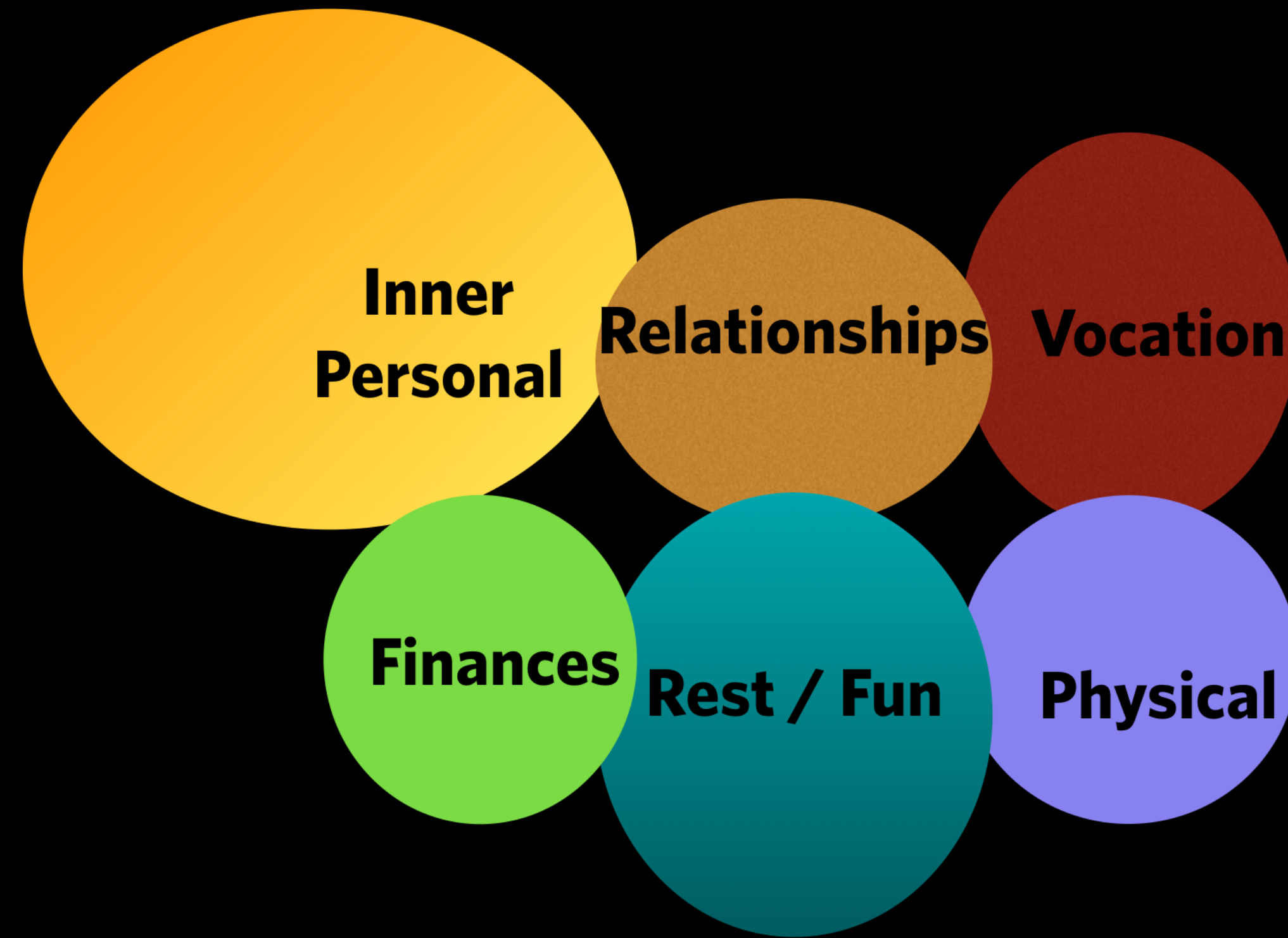
Finances

Rest / Fun

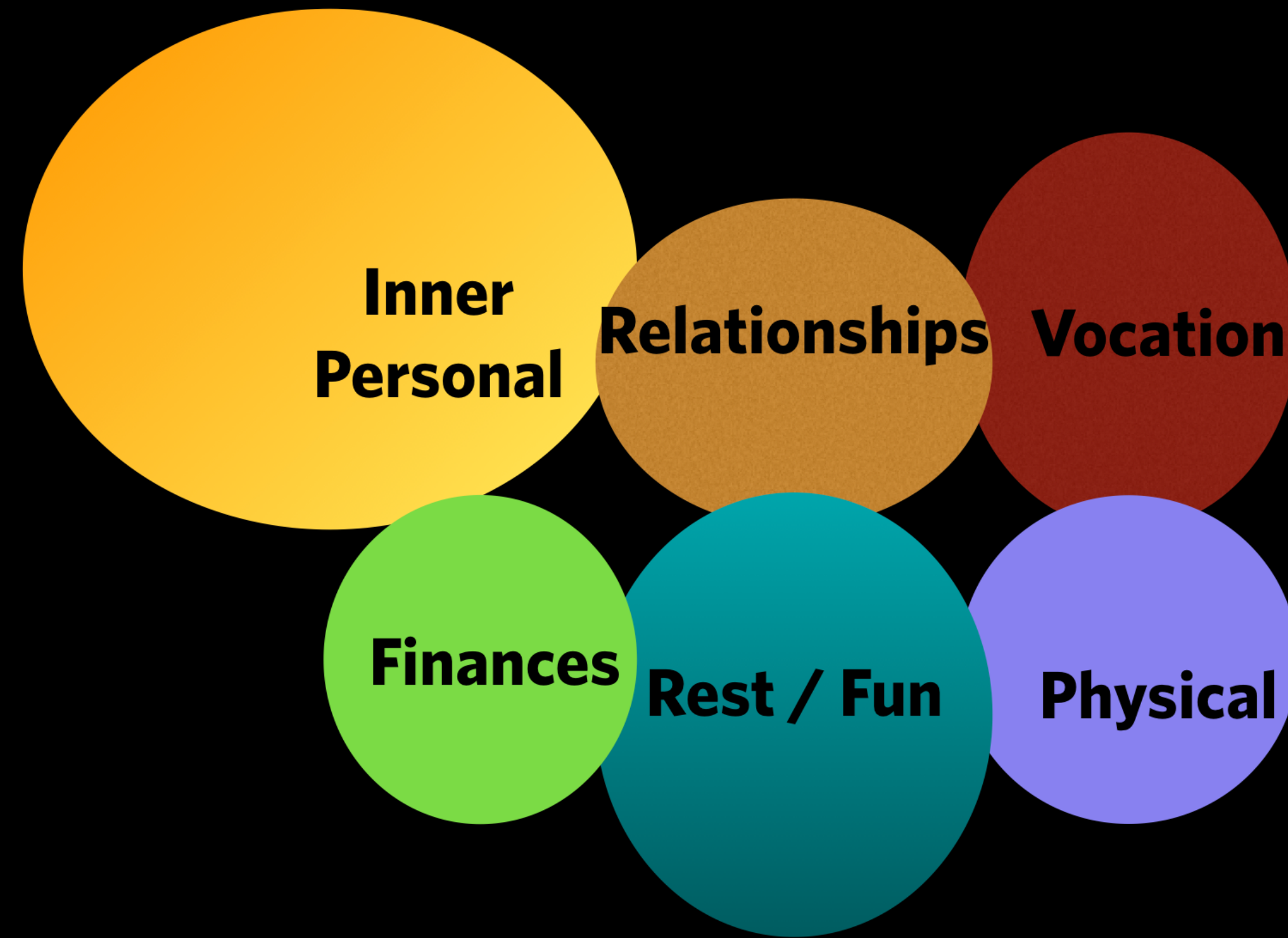
Physical





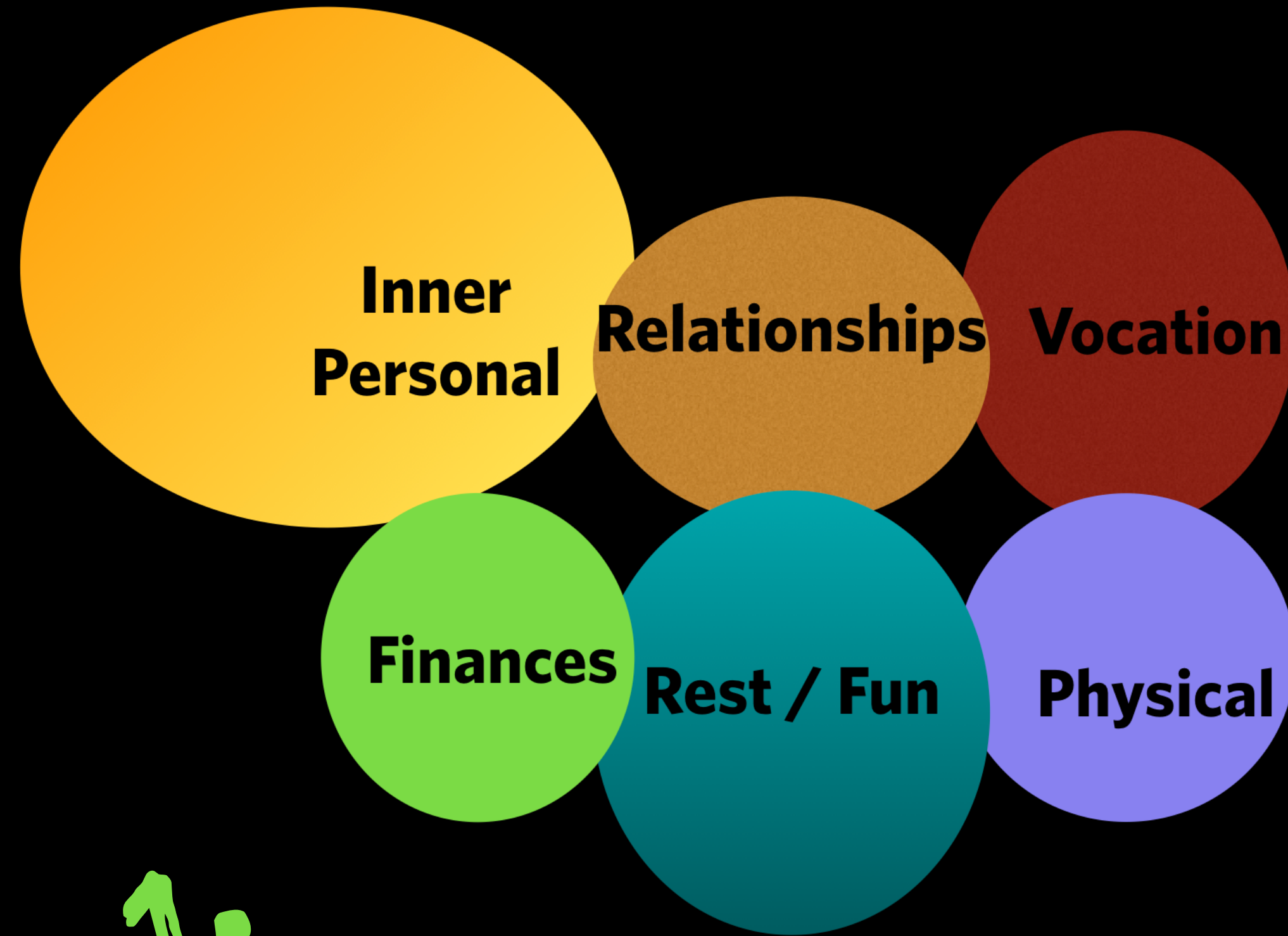


No wonder life feels crazy busy



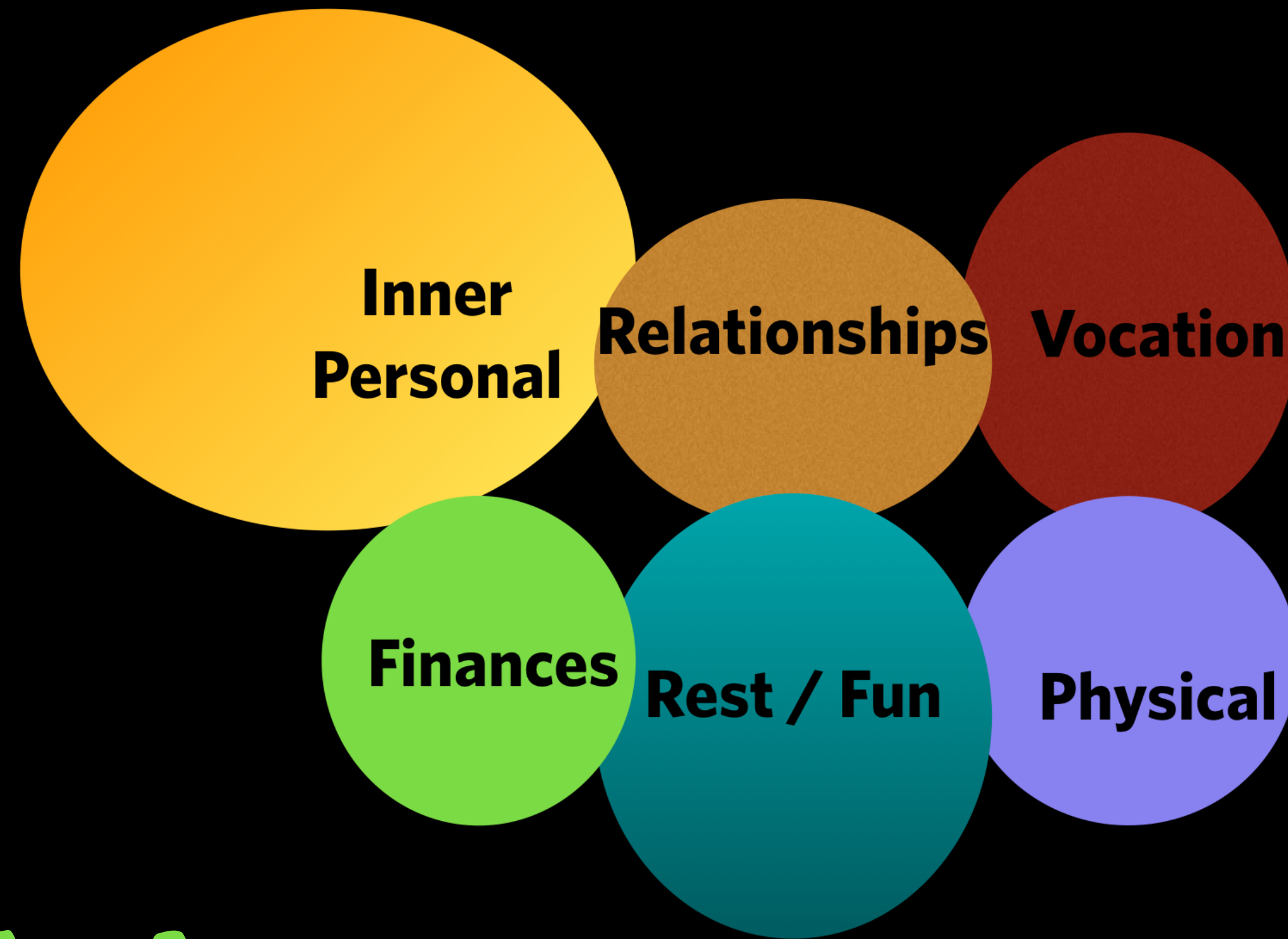
*Which area feels most important
to you right now?*

Let us know in the chat.



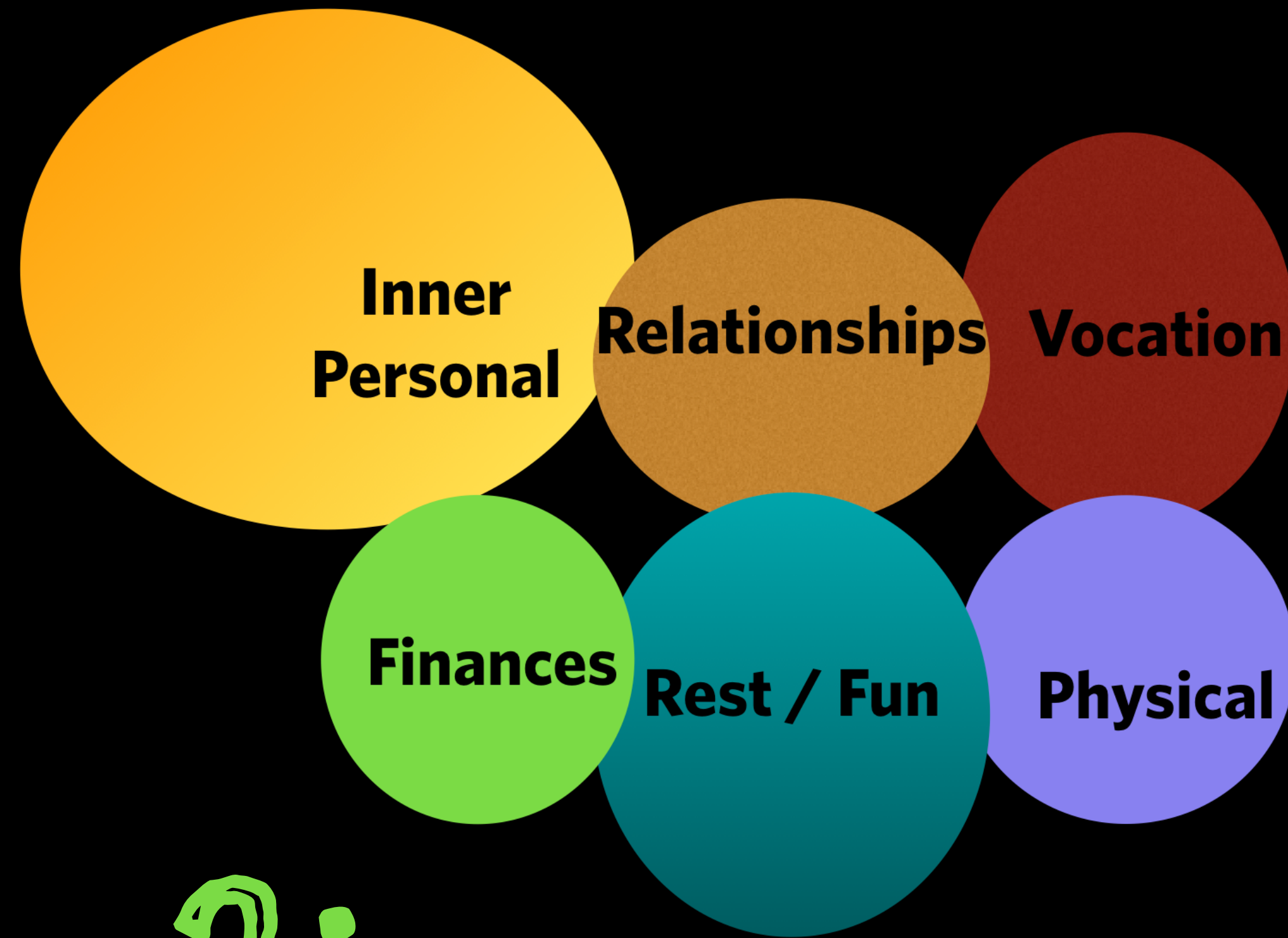
Bonus Tip 1:





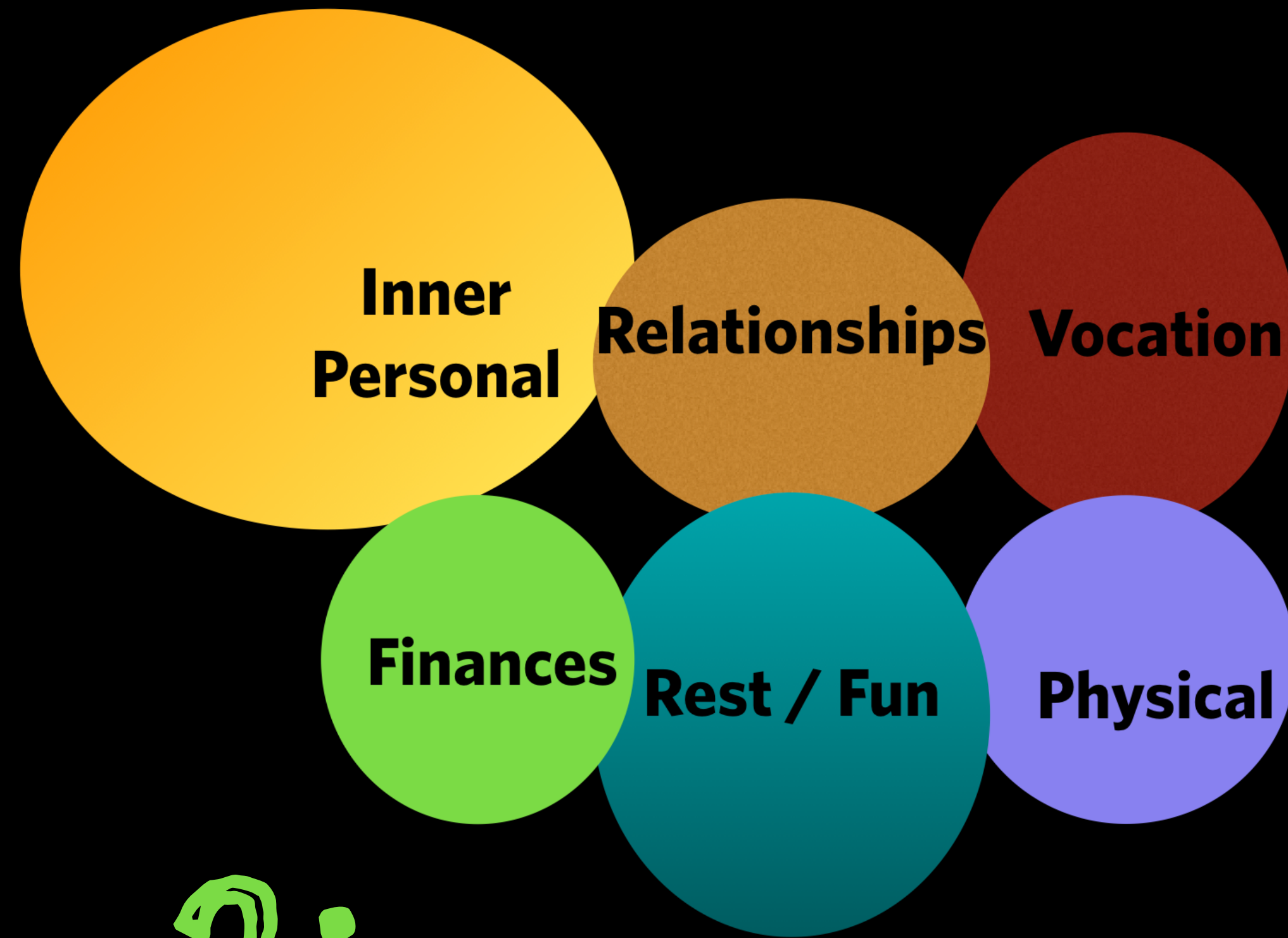
Bonus Tip:

One Focus at a Time



Bonus Tip 2:



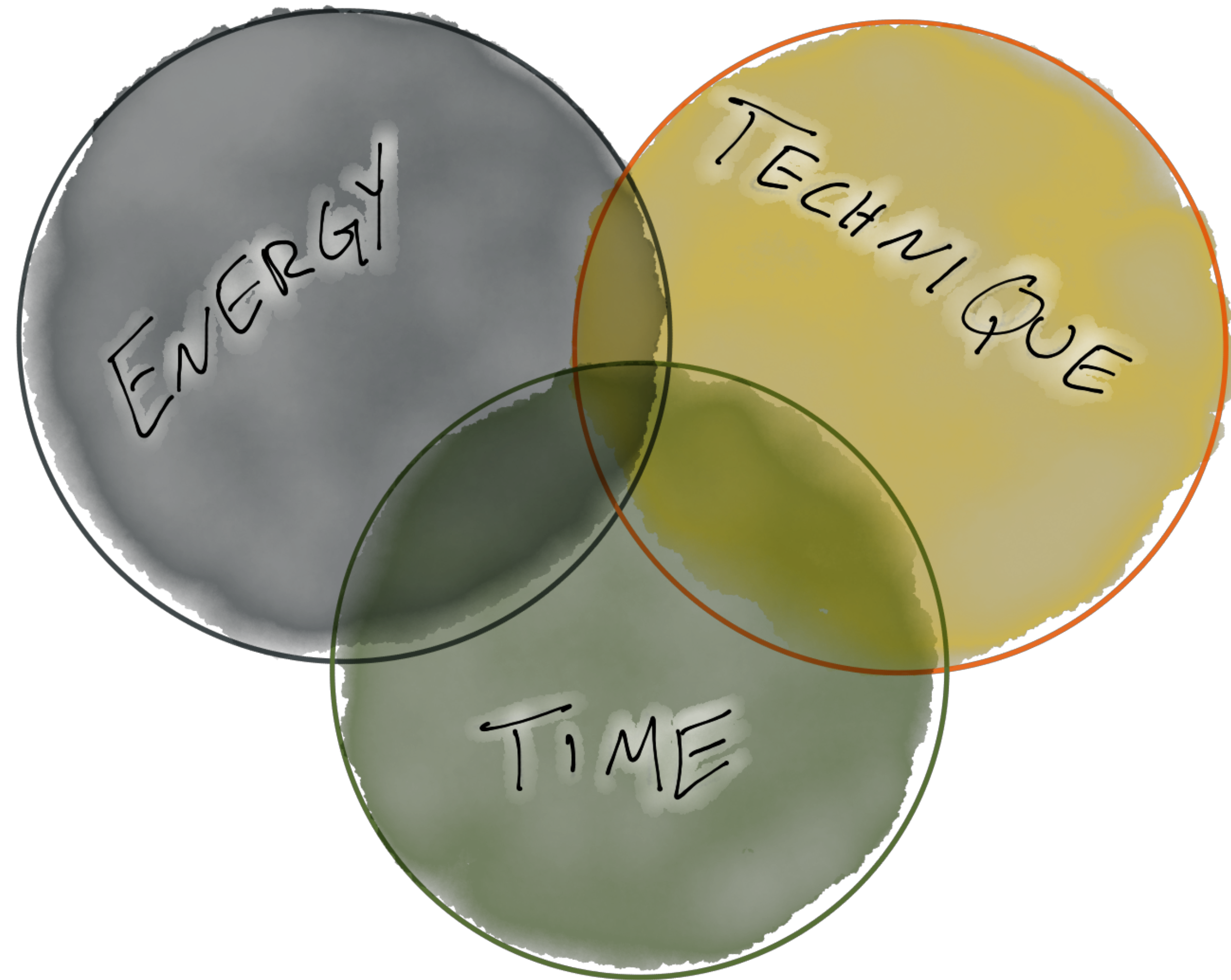


Bonus Tip 2:

Breathing Room

HOW TO GET IT ALL DONE?

HOW TO GET RESULTS





WHY GOALS MATTER



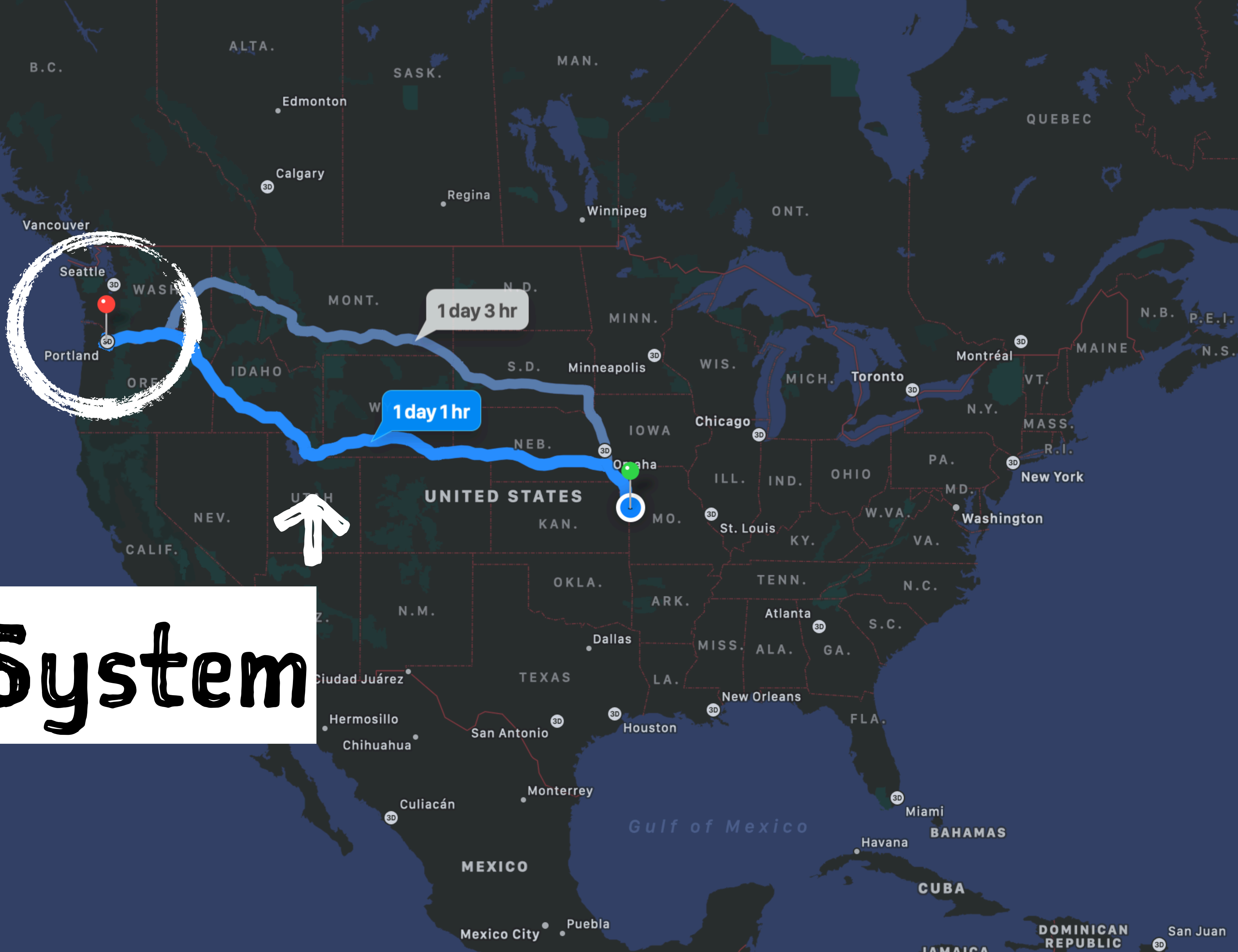
*You get what
you focus on.*



WHY SYSTEMS MATTER

Goal

System

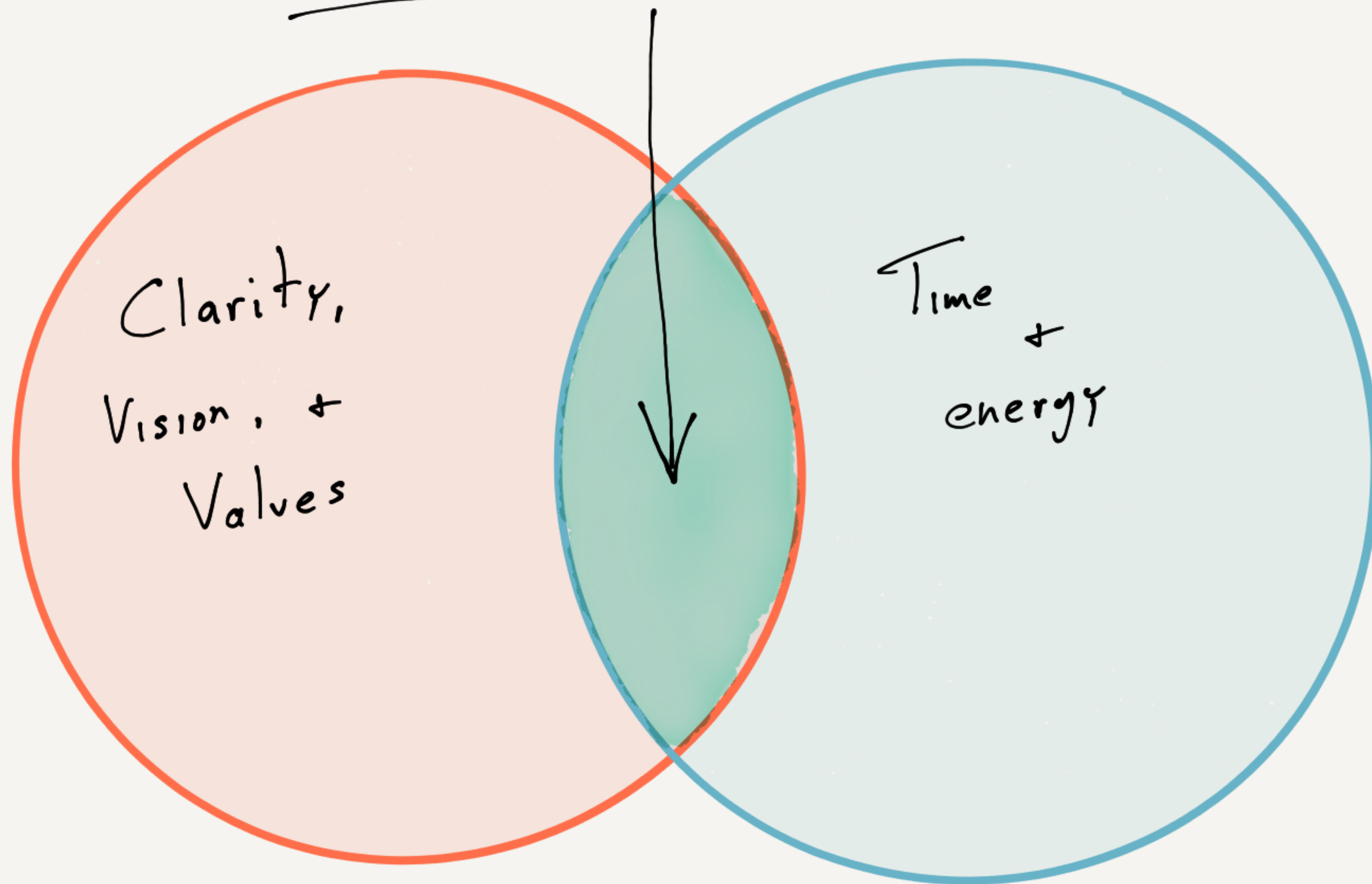


“There is nothing more unproductive than to build something efficiently that should not have been built at all.”

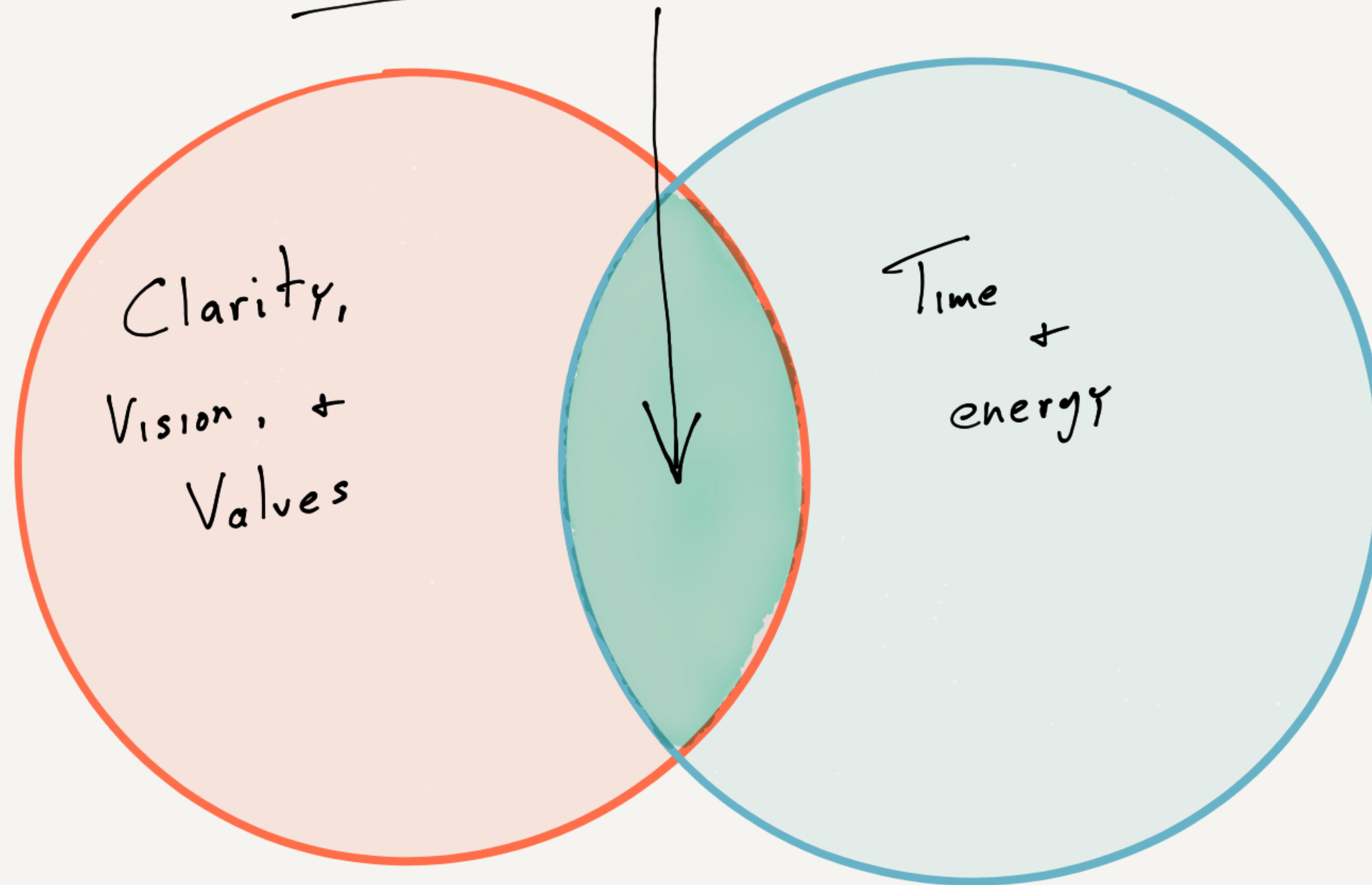
— Milt Bryce

MEANINGFUL PRODUCTIVITY

THE RARE SWEET SPOT



TIME & ATTENTION MANAGEMENT

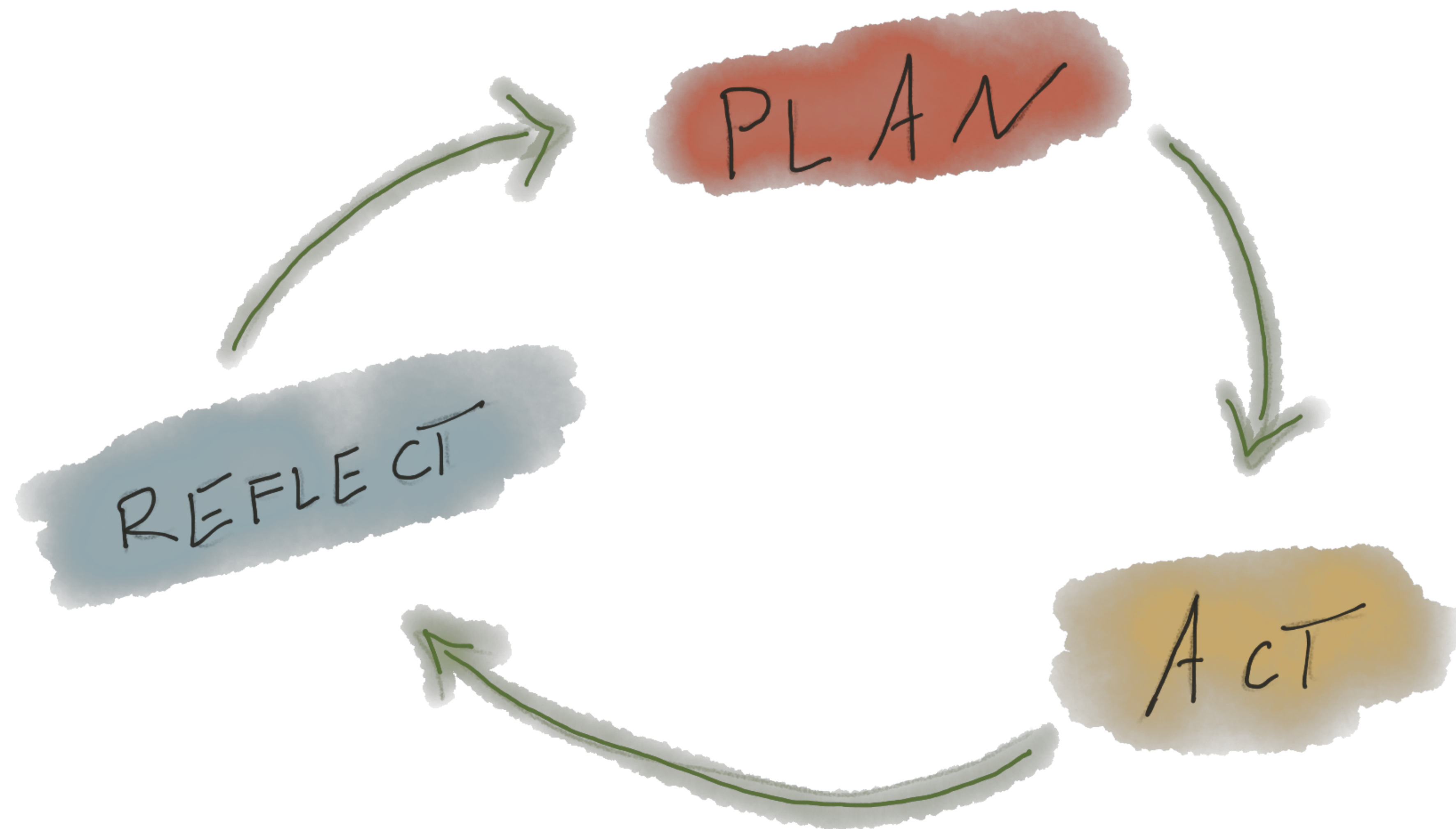


THE BUILDING BLOCKS OF A GOALS SYSTEM

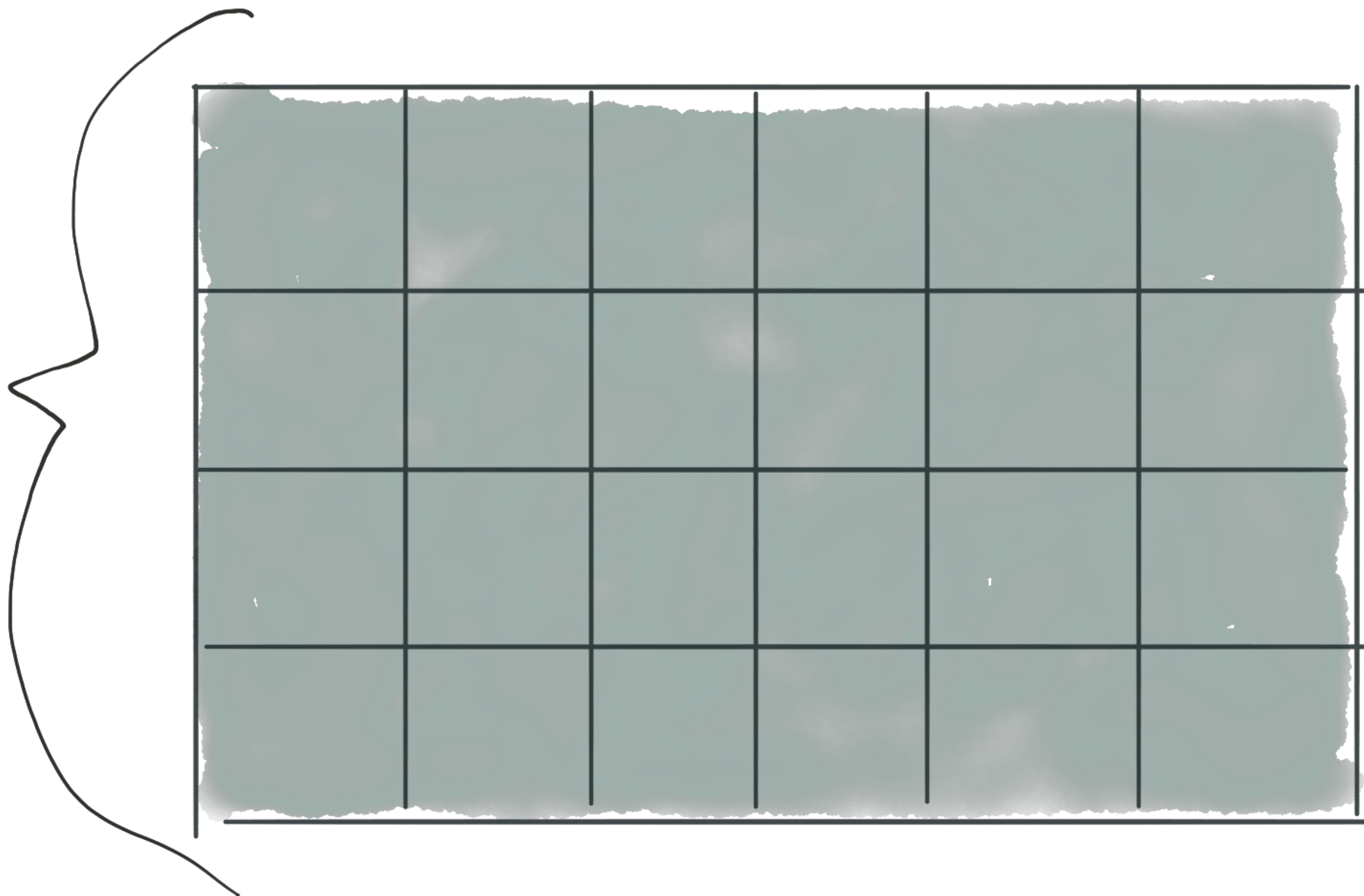
fantastic



1. Vision



PLAN
YOUR
MONTH



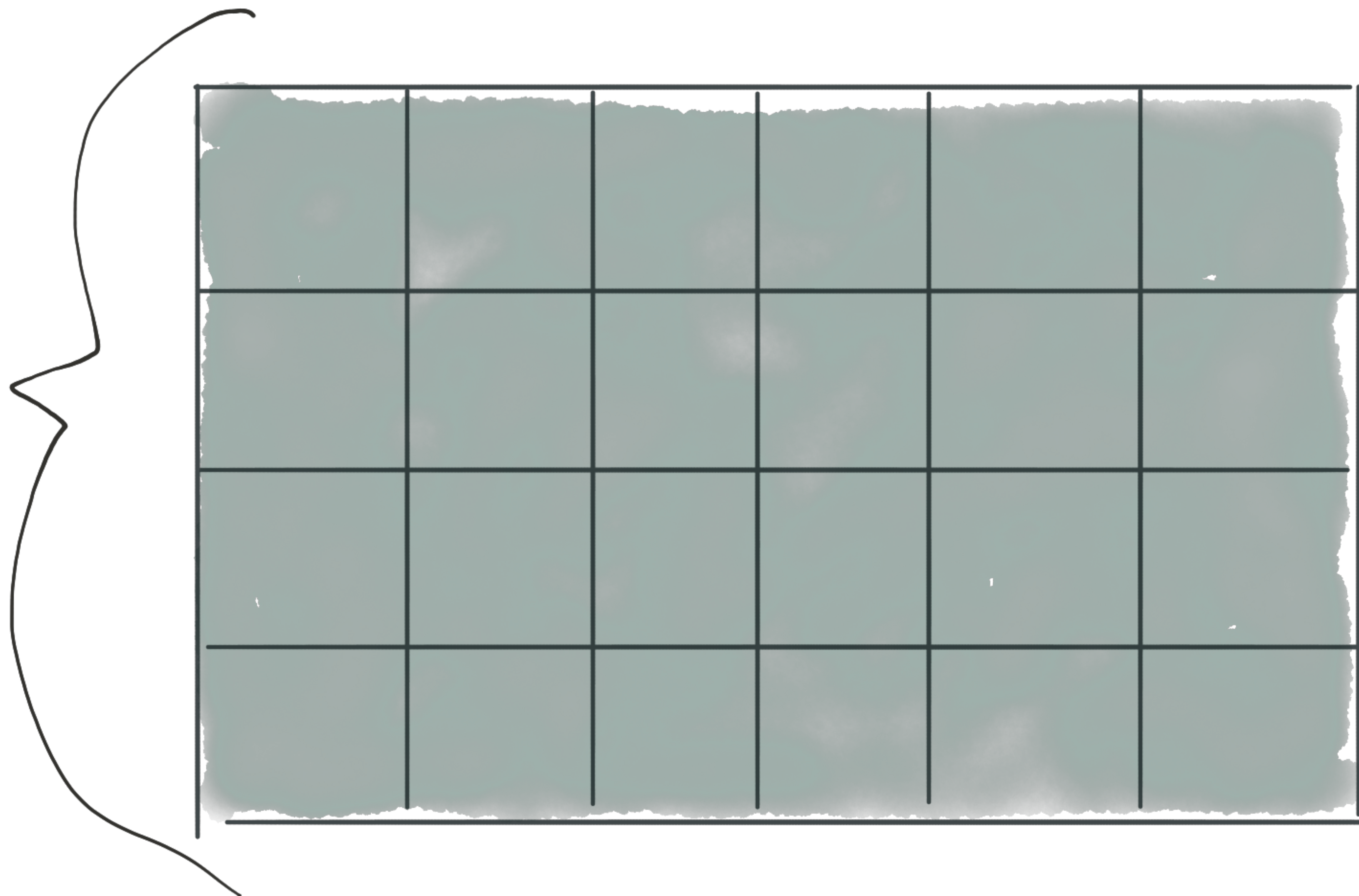
PLAN
YOUR
WEEK



PLAN
YOUR
DAY



PLAN
YOUR
MONTH



How will I define success this month?

MONTHLY GOALS

FOR THE MONTH OF

How will you define success for this month? What are your goals and desired outcomes?

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

GOAL 4

MOTIVE

How will you accomplish the above goals and desired outcomes? What do you need in terms of mindset, resources, time, people, etc.?

GOAL 1

GOAL 2

GOAL 3

GOAL 4

3 or 4 **OUTCOMES**
and **“WHY” MOTIVE**

FOR THE MONTH OF

MONTHLY GOALS

How will you define success for this month? What are your goals and desired outcomes?

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

GOAL 4

MOTIVE

How will you accomplish the above goals and desired outcomes? What do you need in terms of mindset, resources, time, people, etc.?

GOAL 1

GOAL 2

GOAL 3

GOAL 4

HOW

FOR THE MONTH OF

MONTHLY GOALS

How will you define success for this month? What are your goals and desired outcomes?

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

GOAL 4

MOTIVE

How will you secure the resources, time, people, etc.?

GOAL 1

GOAL 2

GOAL 3

GOAL 4

Focus is Essential

MONTHLY GOALS

FOR THE MONTH OF

How will you define success for this month? What are your goals and desired outcomes?

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

GOAL 4

MOTIVE

How will you accomplish the above goals and desired outcomes? What do you need in terms of mindset, resources, time, people, etc.?

GOAL 1

GOAL 2

GOAL 3

GOAL 4

PLAN
Your
WEEK



How will I define success this week?

FOR THE WEEK OF

WEEKLY PLAN

List this week’s three most important goals, and your motivation behind them.

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

List any events, milestones, or commitments happening this week. Also, any habits or routines you are working on.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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NOTES, ETC.

3 OUTCOMES
and “WHY” MOTIVE

FOR THE WEEK OF

WEEKLY PLAN

List this week's three most important goals, and your motivation behind them.

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

List any events, milestones, or commitments happening this week. Also, any habits or routines you are working on.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOTES, ETC.

Events, milestones,
commitments.

Daily Focus.

FOR THE WEEK OF

WEEKLY PLAN

List this week's three most important goals, and your motivation behind them.

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

List any events, milestones, or commitments happening this week. Also, any habits or routines you are working on.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

NOTES, ETC.

Review Your Week

Highlights
Wins
Accomplishments
Lessons Learned
Etc...

FOR THE WEEK OF

WEEKLY PLAN

List this week's three most important goals, and your motivation behind them.

GOAL 1

MOTIVE

GOAL 2

MOTIVE

GOAL 3

MOTIVE

List any events, milestones, or commitments happening this week. Also, any habits or routines you are working on.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOTES, ETC.

PLAN
YOUR
DAY

[illegible]

What Good Shall I Do This Day?

TODAY'S DATE

DAILY PLANNER

What are today's three most important tasks? How long do you need for each one?

List out your schedule for the day: known events and commitments, plus when you will work on each task above.

3 Most Important Tasks

TODAY'S DATE

DAILY PLANNER

What are today's three most important tasks? How long do you need for each one?

List out your schedule for the day: known events and commitments

Schedule for Your day + tasks

[illegible]

Other Notes, etc.

TODAY'S DATE

DAILY PLANNER

What are today's three most important tasks? How long do you need for each one?

List out your schedule for the day: known events and commitments, plus when you will work on each task above.

[illegible]

PDF templates
will be emailed
to you.



Q & A

