



THE POWER OF FOCUS:
INSIGHTS – SUMMARY & BULLET POINTS

1. FOCUS ALWAYS FLOWS

The key is choosing how to direct it

2. FOCUS. FEEL. *THEN* ACT.

Pay attention to your inner compass & how you feel before engaging with life

3. MASTERY AND EXCELLENCE ARE THE RESULT OF MOMENTUM

...And *momentum* is the result of consistent *focus*

4. FOCUS IS EVERYTHING

The more you consciously choose your focal point from moment to moment, the more you get to enjoy where you ARE and where you are headed!

THE POWER OF FOCUS: TOOLS

TOOL#1: WAKE WITH A FABULOUS FOCUS

If you REALLY are open and willing, speak this intention or create your very own:

“TODAY I AM OPEN AND WILLING TO FOCUS ON THE GOOD THAT IS AND THE GOOD THAT IS BECOMING!”

→ Add focus by closing your eyes and placing one hand on your solar plexus and the other on your heart

TOOL #2: SENSATIONAL SLICES

Set an intention for each new slice of life! Below are some examples, but feel free to create your own:

1. When meeting with anyone who truly matters to you:

“I AM OPEN AND WILLING TO ENTER THIS EXPERIENCE WITH LOVE, EXPRESS FROM A PLACE OF LOVE, RECEIVE LOVE, AND LEAVE WITH LOVE.”

2. When preparing to drive, fly, sail, walk, ride, bike, etc.:

“I AM OPEN AND WILLING TO RELAX AND ENJOY MY JOURNEY, EXPERIENCE A NICE, SMOOTH FLOW OF MOVEMENT AND ARRIVE AT MY DESTINATION ON TIME AND FEELING FINE!”

3. When preparing to create or work on something:

“I AM OPEN AND WILLING TO ALLOW MY FLOW OF CLARITY, FOCUS AND EXCELLENCE, AND COME AWAY FROM THIS EXPERIENCE LOVING WHAT I’VE CREATED!”

4. When preparing to eat or exercise:

“I AM OPEN AND WILLING TO LISTEN TO MY BODY AND CHOOSE THE FOOD, DRINK (OR THE TYPE & DURATION OF EXERCISE) THAT FEEDS THE HEALTHY & SLIM VERSION OF ME!”

TOOL #3: FEEL-GOOD FOCUS LIST

1. Make a list of all the things that make your heart sing; things that are easy to feel good about and that feel light, happy and are resistance-free

→If you are more visually triggered, you can also make a collage of images/photos or create a special digital photo gallery

→If you are more auditory, make a recording of your list

2. Keep your list/collage/gallery/recording by your bed

3. The moment you awaken, let this list/etc. be the first thing you read, see or hear to start feeding a good REP (REPEATING EMOTIONAL PATTERN) from the get-go!

4. Create and keep a portable version of this list with you so you can refer to it if you need a feel-good focus boost

TOOL #4: ASK SOUL-UTION-FOCUSED QUESTIONS

1. Ask questions that lead you *toward* where you want to go rather than keep you where you are (below are some examples, but feel free to create your own)

“WHAT BONUSES, UPGRADES AND HAPPY SURPRISES DOES TODAY HAVE IN STORE?!”

“WHAT AM I REACHING FOR?”

“WHAT THOUGHTS, IDEAS OR ACTIONS FEED MY WELL-BEING RIGHT NOW?”

“HOW DOES MY CORE SELF/SOURCE SEE THIS?”

“WHAT IS MY PATH OF LEAST RESISTANCE TO MY GREATEST JOY RIGHT NOW?”

“WHAT IF...

...I CAN?”

...IT COULD BE EASY AND FUN?”

...I DON'T HAVE TO _____?”

*...NO MATTER WHAT IT LOOKS LIKE, THINGS REALLY ARE
WORKING OUT FOR ME?"*

2. Keep this list (or your custom list) of questions handy, so you can refer to them to shift your focus as needed

HERE'S A BULLET LIST OF THE POWER OF FOCUS TOOLS:

TOOL #1: WAKE WITH A FABULOUS FOCUS

TOOL #2: SENSATIONAL SLICES

TOOL #3: FEEL-GOOD FOCUS LIST

TOOL #4: ASK SOUL-UTION-ORIENTED QUESTIONS

→ Choose the one that feels best to you and do it now.