

FOCUSLIFE INSTITUTE

Practical, Proven Solutions For Personal & Professional Growth

Focusize – Creating a Lifestyle of Focus



HOW TO FOCUSIZE – CREATING A LIFESTYLE OF FOCUS

First Name:

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<https://www.FocusLifeInstitute.com>

Lesson 1 – Introduction Lifestyle

No Questions

Lesson 2 – The Power Of Focus

Question: Take some time and write down your thoughts and describe what you believe you are assigned to accomplish in your life. What do you believe you are called to perform or do?

Answer:

Question: From a scale from 1 – 10 how would rate your current state of focusing on specific goals and objectives? 1 being distracted, 5 being maintaining and 10 being focused

Answer:

Question: Please list the top goal that you are working on right now in your life. If you do not have a goal set one here and begin to focus on it. My top goal is...

Answer:

Question: Relate two areas where you have stayed focused and list the results.

Answer 1:

Answer 2:

Question: Relate two areas where you did not stay focused and describe the negative results.

Answer 1:

Answer 2:

Lesson 3 – Identifying Distractions

Question: Please review the distractions and start to think of your top three distractions. List them below.

Answer 1:

Time Spent:

Answer 2:

Time Spent:

Answer 3:

Time Spent:

Lesson 4 – Overcoming Distractions

Question: Based on the distractions you listed in the prior session, please list two ways to reduce these distractions.

Distraction 1:

Answer 1:

Answer 2:

Distraction 2:

Answer 1:

Answer 2:

Distraction 3:

Answer 1:

Answer 2:

Lesson 5 – Focused Environment

Question: Create your focused environment. What does it look like? Where is it located? What is the lighting like? Is there music or is it quiet? Once you identify the environment that best lends itself to helping you focus, you can create this place for yourself.

Write down the essential components of your quiet place—your focused environment.

Answer:



Lesson 6 – Focused Effort

Question: List two ways you can become a better team player

Answer 1:

Answer 2:

Question: List two areas you can focus on to improve your work ethic at school or at work

Answer 1:

Answer 2:

Lesson 7 – Focused Energy

Question: Please answer the following Needs Assessment questions to help you focus your energy on in the next 30-40 days. What area(s) do I desire to grow or develop in?

Area 1:

Area 2:

Question: What are the actions (courses, on-line training, activities, volunteer positions) I will take to grow in these areas?

Area 1:

Area 2:

Lesson 8 – Focused Execution

Question: I want to begin to think about creating your own OGSM model based on your Needs Assessment. Please begin to create a personal OGSM model for a specific need you have in your current environment and that you know you can achieve in the next 40 days.

Objective: What are you trying to achieve?

Answer:

Goals: What are you trying to achieve?

Answer:

Strategies: What are you trying to achieve"

Answer:

Measures: What are you trying to achieve?

Answer:

Create Your Own OGSM Example

I want to begin to think about creating your own OGSM model based on your Needs Assessment. Please begin to create a personal OGSM model for a specific need you have in your current environment and that you know you can achieve in the next 40 days.

My overall objective is

Objective	Goals	Strategies	Measure
What are you trying to achieve (words)	Your target in numbers	How will you get it done (words)	Did you achieve your results? (numbers)

Lesson 9 – Focused Excellence

No Questions

Lesson 10 – 40 Days of Focus

Begin using the 40 days of focus on a daily basis.

For more information about our courses, please visit our website.

Please View Our Website at www.focuslifeinstitute.com