

SKILL #3

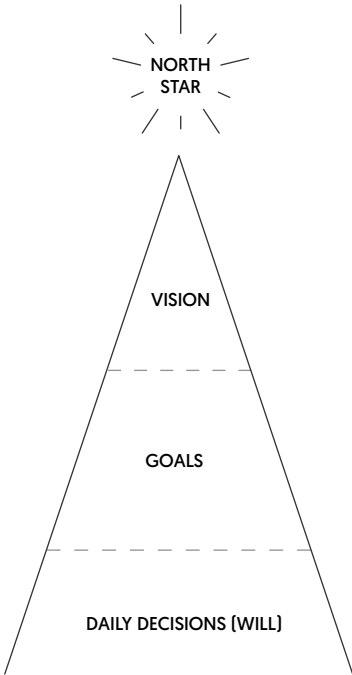
Focus.

Focus is an underlying current that carries us through life. It is the ability to hold a clear and compelling vision of the future front and centre through pressure – and fuel it with your goals and daily decisions. This line of sight is what answers the ‘why’ question and makes the struggle worthwhile.



Millions of people every day get what they expect but not what they want.

Resilience over the long haul comes from seeing how your **daily decisions** will help you achieve **goals** that move you towards a **vision** rooted in what matters most to you – your **North Star**. Check your focus and line of sight by starting at the top and working down:



WHAT BRINGS ME JOY?

HOW CAN I BRING JOY TO OTHERS?

The **North Star** is about clarifying what brings you deep positive emotions, what you want to find more of, and what you want to contribute.

DO I HAVE A CLEAR IMAGE OF MY FUTURE?

IS IT WHAT I WANT?

CAN I HOLD IT DESPITE THE PRESSURE?

It is easier to be pulled by a clear and compelling vision of the future then pushed and prodded by day-to-day reality.

WHAT DO I NEED TO LEARN, LET GO OF, CHANGE, START OR STOP IN ORDER TO REACH MY VISION?

Pick a single good **goal**. One step at a time.

WHAT CHOICES DO I NEED TO MAKE EACH DAY IN ORDER TO ACHIEVE THIS ONE SINGLE GOOD GOAL?

“Daily decisions determine my destiny.”

Remember: Meaning Happens in Moments

You won't have a line-of-sight to your North Star all the time. Instead, try to increase the frequency where things snap into focus for just a minute.

