

The Samurai Focus Reset

7 Questions to Reclaim Your Time, Energy, and Calling

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Welcome

If you feel busy, overwhelmed, or scattered — this is not a failure of discipline.

It's a **clarity problem**.

You don't need to do more. You need to decide **what matters most right now**.

How to Use This Reset

Set aside 10–15 minutes. Answer with simplicity, not perfection. Write what comes first — don't overthink.

This is not about productivity. It's about **alignment**.

Question 1: What Is Draining Me the Most Right Now?

What activity, commitment, or unresolved issue is quietly exhausting your energy?

Question 2: If I Could Only Move One Thing Forward This Week, What Would Matter Most?

Which one thing would bring the greatest relief or progress?

Question 3: What Am I Saying Yes To That I Should Be Reconsidering?

Every yes is a no to something else.

Question 4: What Is God (or Wisdom) Inviting Me to Focus On?

Where do you sense peace or clarity when you think about focusing here?

Question 5: What Outcome Would Make This Week Feel Meaningful?

Not perfect — just meaningful.

Question 6: What Is One Small, Faithful Action I Can Take in the Next 24 Hours?

Clarity without action fades.

Question 7: What Am I Willing to Let Go Of — For Now?

Temporary release creates space.

Your Samurai Focus Statement

This week, my highest focus is _____ and I will give it my best energy.

A Simple Daily Focus Ritual

Read your focus statement. Ask what one action supports it today. Take that action first.

You're Not Broken — You're Just Carrying Too Much

Overwhelm is often a signal. When you choose focus, energy returns, decisions simplify, and peace increases.

Ready for the Next Step?

The Samurai Focus & Income Blueprint helps you turn clarity into momentum and income.