

# FIND YOUR FOCUS FIRST

## 7 STEP FOCUS QUESTIONNAIRE

### EXERCISE:

Honestly answer these 7 FOCUS Questions with regard to your current understanding, feelings, actions, and results around your personal relationship with FOCUS in the 5 Key Life Spheres. The more honest you are the better the outcomes and results will be from the “**Find Your Focus**” Guidance. Write no more than 1 or 2 sentences for each question. Then email me your responses for a FREE Consultation.

### **STEP 1**

#### Mindset

How do **YOU** define “FOCUS”? When you hear that word, what does it mean to YOU?

### **STEP 2**

#### Area of Your Life

What area(s) of your life do you (a) have sufficient FOCUS; (b) lack FOCUS?

### **STEP 3**

#### Desired Focus

What area(s) of your life do you most desire to develop and have greater FOCUS?

### **STEP 4**

#### Habits

What are your current habits around maintaining FOCUS?

### **STEP 5**

#### Internal Dialog

What do you continually tell yourself about your FOCUS in these key areas of your life?

### **STEP 6**

#### Current Structures

What indicators do you have in place to measure, qualify, and quantify your FOCUS?

### **STEP 7**

#### Fears, Doubts, Confusion

What Fears, Doubts, and Confusion do you have about the concept of FOCUS?