

Find Your Focus – Five Life Sphere

When you discovered the **Find Your Focus** Programs, it is important for you to identify the area of your life that you want to focus on in order to be successful.

Most people, without this focus guidance, dump all these Five Life Spheres into one bucket, which makes it nearly impossible to focus on any one direction or area of your life.

In the first step to **Finding Your Focus**, you must first look at the Five Life Spheres, determine which spheres you are satisfied in, and which spheres you want to advance, increase, and develop - NOW.

Once you determine which life sphere to focus on, you can then begin to apply the other **Find Your Focus** principles, re-gain control in that sphere, and give your focus direction to make movement in that area.

These five life spheres are listed below:

Your Relationships

Your Family, Friends, Co-workers, Teachers, Coaches, Clergymen, Vendors, Suppliers, anyone and everyone that you interact with.

Your Health and Wellness

Your Health as your Physical Well-being, and your Wellness as your Mental and Spiritual Well-being.

Your Education and Vocation

Your Education includes all of your schooling and training, including the **Find Your Focus** program, which is an ongoing endeavor. Your Vocation is your chosen field of endeavor or profession.

Your Income, Revenue, Capital and Finances

Your Income is what you receive in trade for the service and products you provide to others. Your Revenue and Capital represents the inflow and reserve of that income into your storehouse. Your Finances are the manner in which you manage your Income, Revenue, and Capital.....Some call this sphere or area MONEY, however MONEY is something entirely different than your Income, Revenue, Capital, and Finances sphere.

Your Spirituality

Your Spirituality is that part of you that is bigger, brighter and more connected to the Source of all the energy and power of the infinite and eternal Universe. We all connect with this part of our soul in different and unique ways. Regardless of how you connect with your Spirit, the truth is you are a Spiritual Being.....No getting away from that one.....And this has nothing to do with religion.

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