

Find Your Focus – Your Four Focus Agreements

The **Find Your Focus** Programs are designed to have you take a long hard look at your life and guide you to focus on the things that you truly desire, over time.

A big part of this is being honest and being rigorous with yourself. Part of this exercise is making and keeping agreements with yourself. Agreements that are simple to remember, and simple honor.

Keep in mind, just because something is SIMPLE, does not mean it will be EASY.

Finding, Maintaining, and Sustaining Your Focus can be anything but Easy, no matter how simple I may explain it. The truth is it is all up to you.

These Four Simple Agreements will guide you through any rough patches along your path.

The biggest complaint I hear from participants in the **Find Your Focus** Program is that they get distracted easily. This is a common cause of people losing their focus, not being as successful as they know they can be.

No matter how successful you are, or have been, we all lose our focus from time to time.

Those that know how to quickly identify that they have lost focus, and diligently regain their focus are the ones that become very, very successful.

Here are Your Four Focus Agreements:

Have Integrity in Your Word

The definition of “Integrity” is doing what you say and saying what you do. The first step in **Finding Your Focus** is having to have Integrity in your word to yourself.

Do Not Take Things Personally

Next to not take things personally. This may be the simplest yet the hardest one of the agreements. Everyday, things will happen in your life that you could easily take things personally. It takes effort to NOT take these things personally. When you take things personally, you get distracted and you become unfocused. To avoid this...*Don't Take Things Personally*.

Do Not Assume Anything

Like taking things personally, making assumptions is an easy way to become un-focused. Half the battle in finding, maintaining, and sustaining your focus is avoiding things that get you distracted and un-focused. While you are wasting time making assumptions, you are wasting energy on things that are not in line with your focus. Remain focused by avoiding making assumptions.

Do the Best You Can

Doing your best is exactly how it sounds. Focus on being your best and you will naturally do your best. It's that simple.