

The 3 Principles of FOCUS

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"It's time to get things done" Toni Blake

Lessons from LIFE

After crossing the finish line in my second triathlon, I evaluated the success principles I used to accomplish this goal. Most importantly I was FOCUSED. When I evaluated how I used my focus. I found 3 clear principles.

- VISON
- COMMITMENT
- MOMENTUM

VISON

Today we function with a continuous connection to our destination. GPS Overview tells us how far and when to do what with visual images, directions and voice coaching. It has even added the speed limit! It updates us with a continuous flow of valuable information to keep us on course.

How decisive and clear are your goals?

How do you follow your progress?

How do you display your goals?

How do you inspire the next step?

How to you celebrate accomplishments?

Check out [Trainers Warehouse](#)

Amazon - [Butterflies](#)

Focus requires a clear vision of your goals and decisive actions. We need to KNOW before we GO!!! To develop commitment and momentum your team has to know exact specifics on where they are going and how to get there.

#adulting We are responsible for where we mentally focus our thoughts.

Our thoughts influence our decisions...

Our decisions influence our destination!

Notes

Choose new life-coaches, I love Brene Brown's new podcast [Unlocking Us](#)
Discover great information about our society from [The Edelman Trust Barometer](#)

Responsible for myself or Blame others with a reason why not

#WatchMeShine – Set your heart on positive emotions. People remember how you made them feel. Check out the video gallery at the [HeartMath Institute](#).

Do you have a clear vision of YOU? Sometimes getting over yourself can be a high mountain to climb! Every decision you make creates the SPARKLE & LIGHT in your life.

Spark (noun) means something that sets off a sudden force.

SHINE a light on the BEST version of YOU!

CHOOSE to make sparkle a part of your character.

I AM SUCCESSFUL

I AM COMMITTED

I AM SPARKLY

NO ONE CAN MAKE YOU – say it out loud twice! If you let go of the past, the past will let go of you. Decide today to change your story, write a happy ending.

No one can make you mad.

No one can make you sad.

No one can make you happy.

No one can make you successful.

Notes

Vision is what moves you forward – Commitment is what keeps you going! Schedule Your Commitment

Calendar

Phone Alarms

Focus Time

Permission/Policy

Establish Diamond Routines

Develop Diamond Habits

Success is measured by what you give! Obligation versus Inspiration Focus on your WHY check out the Ted Talk – [Start with WHY by Simon Sinek](#)

Unfocused

Unprepared

Uninspired

Uninformed

Unorganized

Avoid Rabbit Trails: Urban dictionary defines a rabbit trail as veering off subject or off the point of the conversation. A story or explanation leading nowhere, making statements with no real purpose just for the sake of stating it.

Be SINGLE Focused: Great focus allows us to manage a single goal at a higher level of excellence. Set yourself up for success with focused time.

- **Define the zone**
- **Set alarms**
- **Take turns**
- **Respect the zone**

Aim HIGH – Achieve great success –

“Ain’t no mountain high enough” Toni Blake

Notes