



# 5 Minute Clarity

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**“One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular.” – Tony Robbins**

## Where is Your Focus?

Ever notice how easy it is to lose focus amidst the many distractions and diversions that come at you hour by hour each day?

I know what it is like to start your computer up with a specific task in mind such as working on an Excel or Word file. Seconds later, the MSN or Yahoo homepage on your internet browser catches your attention with some great headline story that you “gotta check out” right now while it’s hot.

Isn’t it amazing how time goes by miraculously fast during these activities? You’re focused on the headline and the diversion until reality strikes and the pain of wondering how you got to where you are hits you. Want a solution?

### Put Your Focus On Your Desires Versus On Your Dread.

You may not end up any further, but you will enjoy the process much easier than worrying and fretting the whole way. In the Dojo, we teach students to advance their focus while under attack.

They have to learn to lead the attacker to where they want them to go, rather than being a victim. This makes ending a martial confrontation much easier than trying to meet the attack with brute force on force. That never works well for both parties.

Lead your time and focus and go where you want to go versus where everyone else wants you to go.

## POINTS TO CLARITY

Are you putting 100% of your focus on your desires hour by hour each day? If not, what do you spend time dreading?

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Where have you spent time complaining, criticizing or comparing yourself to others?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What do you want most to happen for you this year?

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What is your action plan to lead your time and effort and avoid distractions and diversions?

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## DECISIONS & ACTIONS I WILL COMMIT TO: