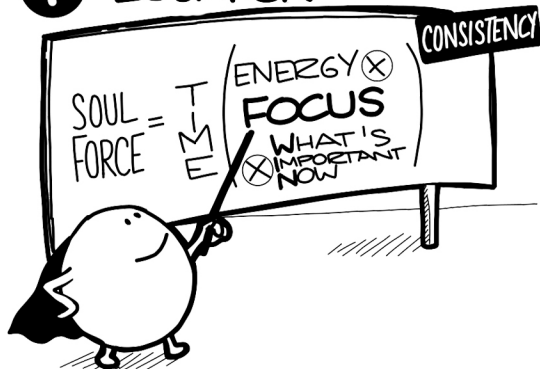
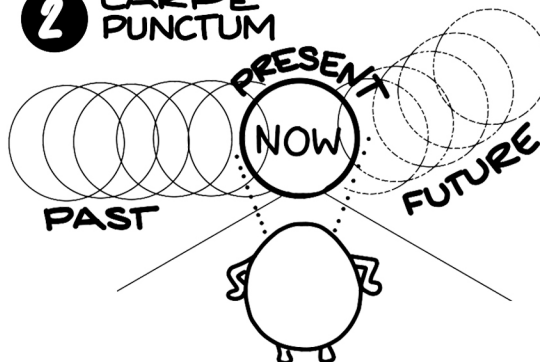


### 1 THE SOUL FORCE EQUATION



### 2 CARPE PUNCTUM



### 3 SPOTLIGHT OF ATTENTION



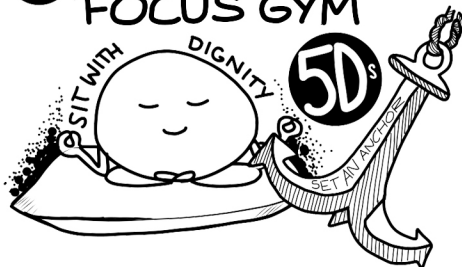
### 4 TARGET PRACTICE



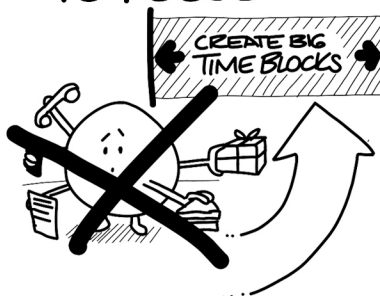
### 5 TECHNOLOGY



### 6 HIT THE FOCUS GYM



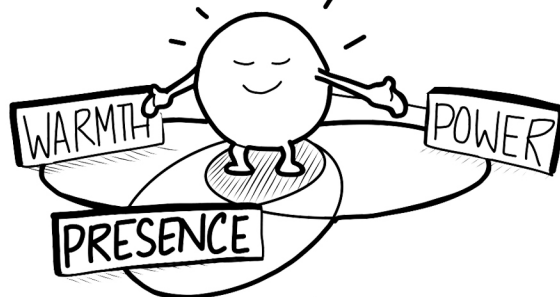
### 7 OPPORTUNITIES TO FOCUS



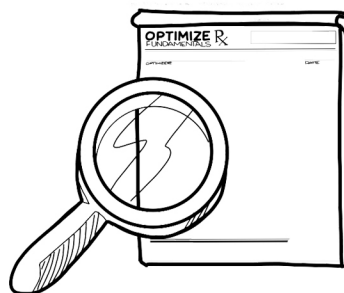
### 8 TARGETTED THINKING



### 9 RADIANTLY CHARISMATIC EXEMPLARS



### 10 YOUR FOCUS PRESCRIPTION



# WILDLY IMPORTANT TARGETS

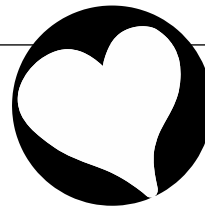
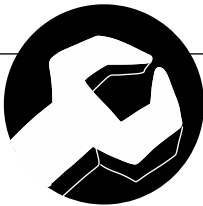
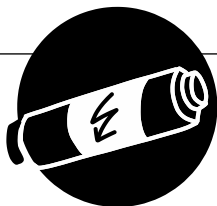
WORK BACKWARDS TO IDENTIFY WHAT'S IMPORTANT NOW

IDENTIFY THE SOUL GOALS THAT GET YOU EXCITED IN ENERGY,

WORK, AND LOVE, THEN MAKE PROGRESS TOWARDS THEM ONE W.I.N. ACTION AT A TIME

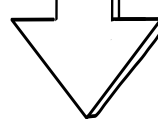
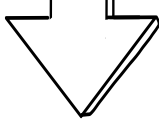
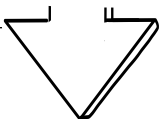
## WILDLY IMPORTANT TARGETS

WAVE THE WAND AND WRITE DOWN THE OUTCOME (OR TWO) THAT YOU WANT TO EXPERIENCE IN ENERGY, WORK, AND LOVE? WHAT GOALS EXCITE YOU, GENERATING A TERRIFYING LONGING IN YOU TO CREATE THEM?



## WHAT'S IMPORTANT NOW?

TO MOVE TOWARDS ACHIEVING THOSE WILDLY IMPORTANT TARGETS, WHAT IS THE NEXT STEP YOU MUST TAKE RIGHT NOW?



**DO** THOSE THINGS! AND CELEBRATE THAT YOU'RE **WINNING**

# CREATE OPPORTUNITIES TO FOCUS

BLOCK OFF LARGE QUANTUMS OF TIME AND GO DEEP

INCREASE YOUR PERFORMANCE BY IDENTIFYING HOW & WHEN YOU'LL GO DEEP, AND THEN MAKE THAT YOUR NEW DEFAULTS

1

WHAT TYPICALLY GETS IN THE WAY OF YOU FOCUSING AND GOING DEEP?

2

CREATE A PLAN FOR HOW YOU'LL ELIMINATE EACH OF THE OBSTACLES TO FOCUSING THAT YOU LISTED.

3

LOOK AT YOUR UPCOMING DAY AND/OR WEEK AND SET AN INTENTION FOR WHEN YOU'RE GOING TO GO DEEP WITH ZERO DISTRACTIONS OR INPUTS

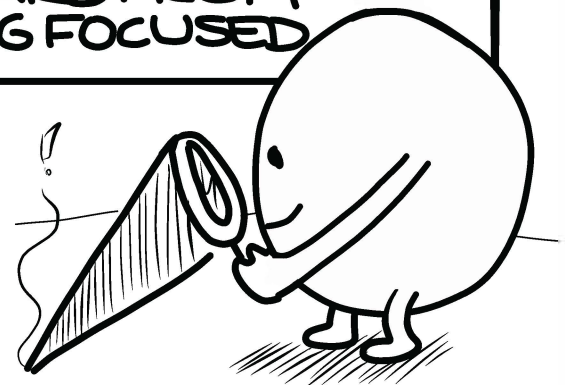
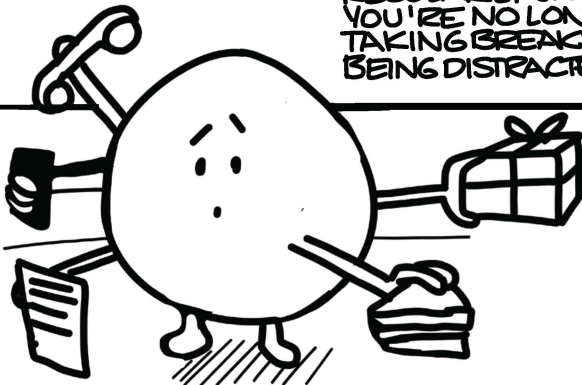
4

HAVING LOOKED AT YOUR CALENDAR, ARE THERE OTHER OBSTACLES THAT MIGHT PREVENT YOU FROM FOCUSING DURING THOSE PERIODS? WHAT WILL YOU DO ABOUT THEM?

5

REPEAT THIS PROCESS REGULARLY UNTIL YOU'RE NO LONGER TAKING BREAKS FROM BEING DISTRACTED, BUT

YOU'RE TAKING BREAKS FROM BEING FOCUSED



# TRACK PHONE TOUCHES

REDUCE & ELIMINATE COMPULSIVE PHONE USAGE

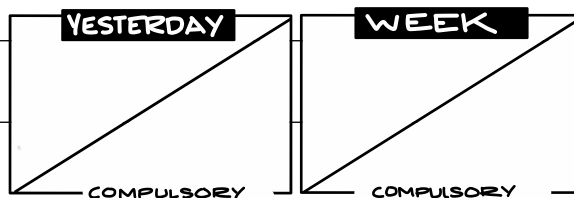
TRACK THE NUMBER OF TIMES YOU COMPULSIVELY TOUCH YOUR PHONE (EITHER WITH AN APP OR PEN & PAPER) & OPTIMIZE YOUR ABILITY TO LIVE DEEPLY

1

USE A PRE-INSTALLED APP (OR INSTALL SOMETHING LIKE THE MOMENT APP) AND KEEP TRACK OF YOUR PHONE PICKUPS

2

REVIEW THE DATA. HOW OFTEN DID YOU USE YOUR PHONE YESTERDAY? LAST WEEK? HOW MUCH OF THAT USAGE WAS COMPULSIVE?



3

WHAT WILL YOU DO TO REDUCE OR ELIMINATE COMPULSIVE TOUCHES?

PRO TIP: OUT OF SIGHT & OUT OF TOUCH



## THE SMART PHONE EFFECT (x3)

HAVING YOUR PHONE IN SIGHT OR TOUCH



YOUR ENERGY WITH BAD POSTURE & ENERVATED ANXIETY



YOUR PRODUCTIVITY AT WORK



THE QUALITY OF YOUR INTERACTIONS WITH THOSE YOU LOVE

# HIT THE FOCUS GYM

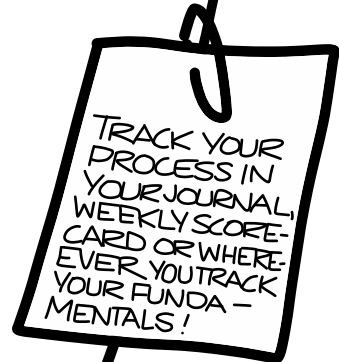
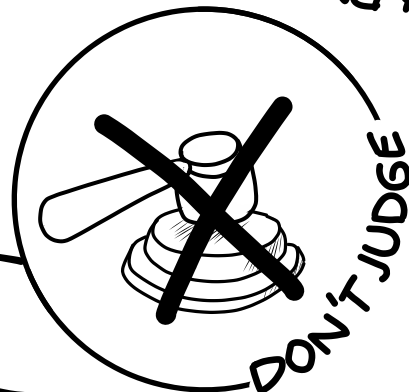
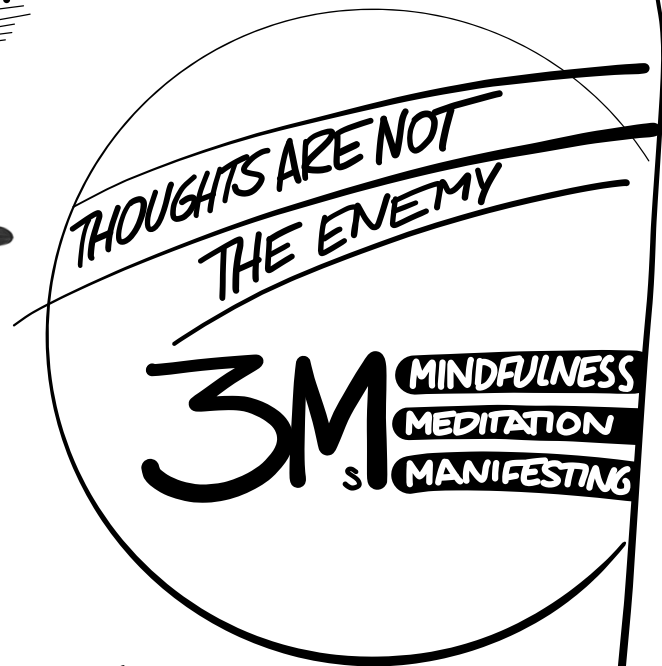
TRAIN YOUR MENTAL MUSCLE

DO DAILY MEDITATION "REPS" FOR AT LEAST 11 MINUTES

A DAY & STRENGTHEN YOUR ABILITY TO FOCUS WHERE, WHEN AND FOR HOW LONG YOU WANT IT

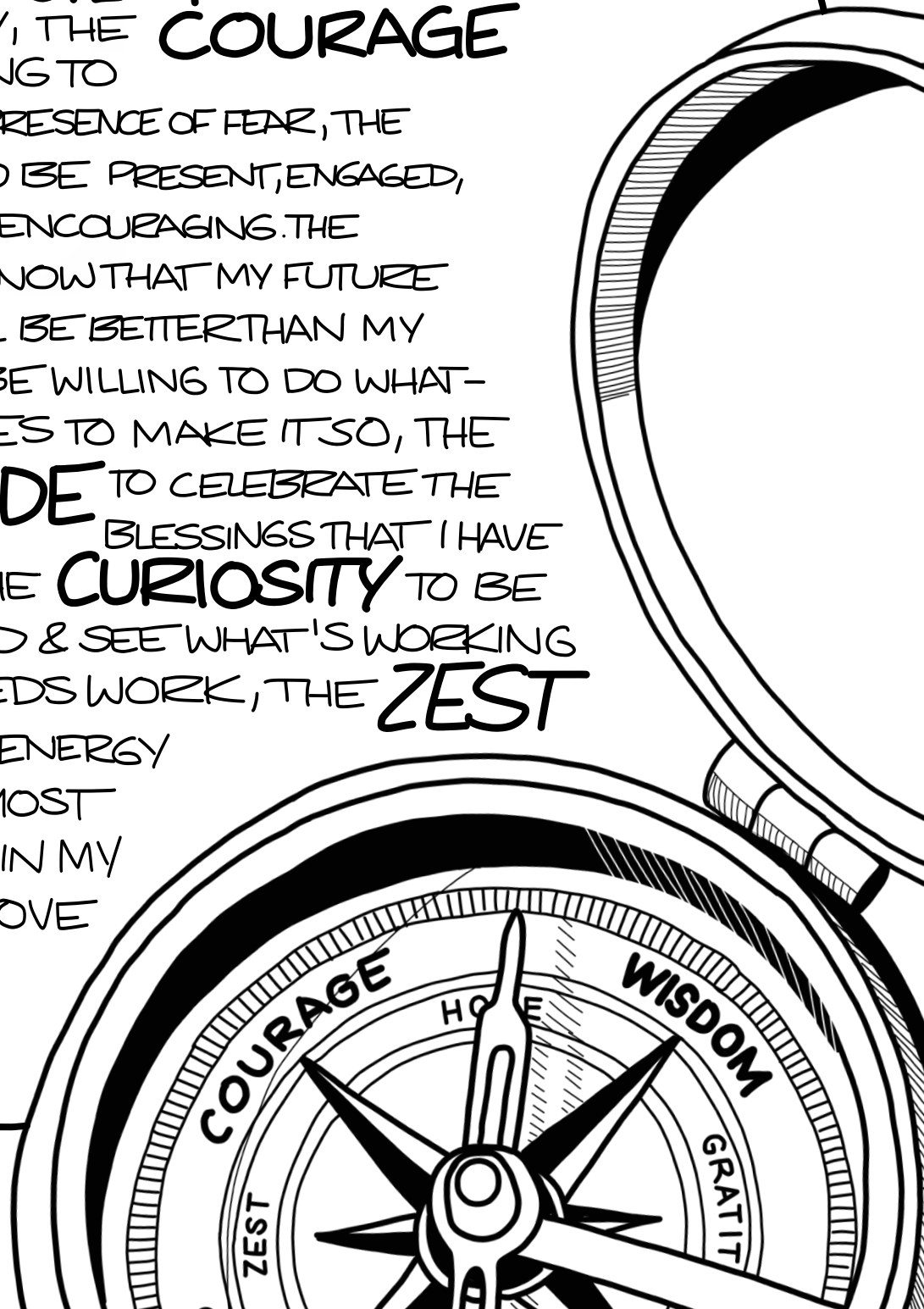


W.I.T.H.  
**STRONG  
DETERMINATION**  
DO IT AGAIN!



FILL THIS WITH  
THE WORD OR NAME  
YOU USE TO ADDRESS  
A POWER GREATER  
THAN YOURSELF

PLEASE GRANT ME WITH THE **WISDOM**  
TO KNOW THE GAME THAT I AM PLAYING  
AND HOW TO PLAY IT WELL, THE  
**SELF-MASTERY** TO PLAY THAT GAME  
WELL TODAY, THE **COURAGE**  
TO BE WILLING TO  
ACT IN THE PRESENCE OF FEAR, THE  
**LOVE** TO BE PRESENT, ENGAGED,  
CONNECTED & ENCOURAGING. THE  
**HOPE** TO KNOW THAT MY FUTURE  
WILL BE BETTER THAN MY  
PRESENT & BE WILLING TO DO WHAT-  
EVER IT TAKES TO MAKE IT SO, THE  
**GRATITUDE** TO CELEBRATE THE  
BLESSINGS THAT I HAVE  
IN MY LIFE, THE **CURIOSITY** TO BE  
OPEN MINDED & SEE WHAT'S WORKING  
& WHAT NEEDS WORK, THE **ZEST**  
TO HAVE THE ENERGY  
TO SHOW UP MOST  
POWERFULLY IN MY  
WORK & MY LOVE  
TODAY!



# TARGETED THINKING

FOCUS LIKE A CREATOR AND WIN

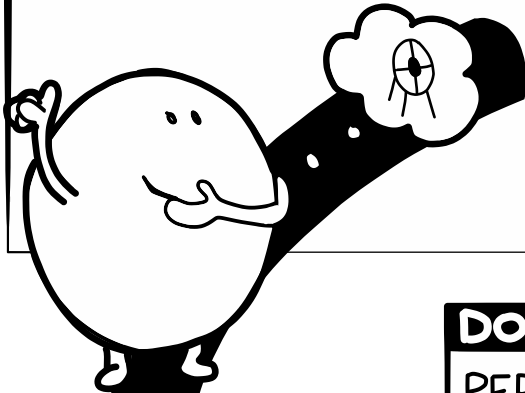
PRACTICE RADICAL ACCEPTANCE FOR WHAT IS, THEN ASK

"WHAT DO I WANT?" FOLLOWED BY "NOW WHAT NEEDS TO BE DONE?"

ASK

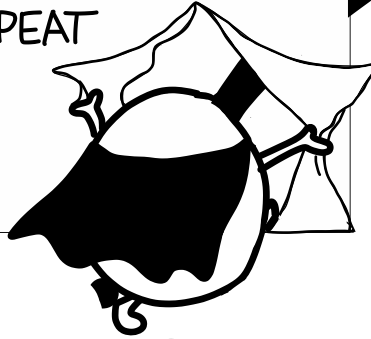
"WHAT DO I WANT?"

SHIFT INTO CREATOR WITH  
A CLEAR TARGET



DO THAT THING

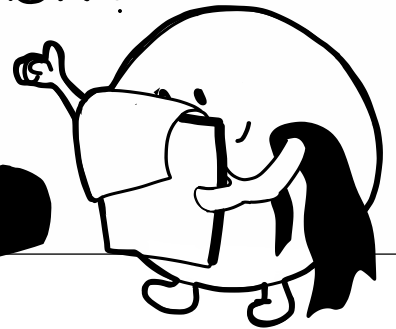
REPEAT



ASK

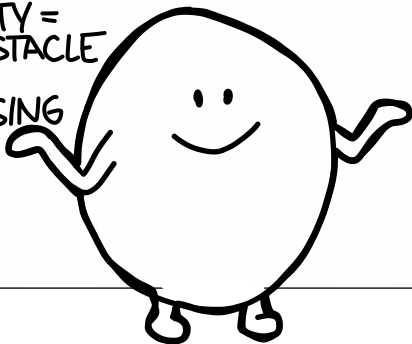
"NOW, WHAT NEEDS TO BE DONE?"

WHAT'S IMPORTANT  
TO DO NOW?



ACCEPT REALITY

NOT ACCEPTING  
REALITY =  
AN OBSTACLE  
TO  
FOCUSSING



# FOCUS PRESCRIPTION

FOCUS YOUR SOUL FORCE ON THE ONLY MOMENT THAT MATTERS

WHAT'S THE #1 THING I KNOW I COULD DO FOCUS-WISE  
TO MOST POSITIVELY CHANGE MY LIFE?

**OPTIMIZE R<sub>X</sub>**  
FUNDAMENTALS

Focus

OPTIMIZER

DATE

#1

#1 THING TO START OR  
STOP DOING FOCUS-WISE  
TO MOST POWERFULLY  
IMPACT MY LIFE

THIS PRESCRIPTION WILL ENERGIZE, SO THAT YOU CAN  
OPTIMIZE AND ACTUALIZE, VIRTUE-WISE, PEAK-PERFORMANCE-WISE,  
AND SPIRITUALITY-WISE.

