

The Focus Line-Up

Smart Focus Introduction: Position Your Frame of Mind

The 30 Smart Focus Strategies:

1. Throw Your History in the Trash!
2. Take Ownership!
3. The Pain of Staying the Same
4. Action Is Very Powerful!
5. Challenge Your Comfort Zone
6. Change from the Inside Out!
7. Believe in Yourself!
8. Positive Power
9. Want Power vs. Will Power
10. Know That You Deserve It!
11. Commitment Is...
12. Yes, You Do Have the Time!
13. Select a Mentor
14. Use a Journal to Stay Focused
15. *Act* Like a Healthy Person!
16. The Power of One!
17. No One Said It Would Be Easy
18. Executive Time Saver in the Gym!
19. Fitness Without Goals...Is Like a Marathon Without a Finish line!
20. Family Mastermind Meetings
21. Food Is Addictive!
22. Your Relationship with Food!
23. Getting to the Gym
24. Create a Mind-Muscle Connection
25. Dish the Distractions!
26. Don't Forget the "Rest Factor"
27. That Dirty Word – Discipline
28. Strive for Excellence
29. Reward Your Successes
30. Progress Passionately

Prioritize Your Smart Focus Strategies

Summarize Your Focus Goals Here

Sample Focus Take Ownership...Take Action Work Sheet

Blank Focus Take Ownership...Take Action Work Sheets