

Focus Your Life

- ❑ Remember Your Criteria
What drives You?



(related to Deeper Blog #7 Decision Making Process)

*A system to help you find what
you are looking for, so you might
spend your life there ...*

Focus Your Life →

- ❑ *Finding out what*
- ❑ *Setting up CATEGORIES & Projects that support them*
- ❑ *Reviewing, Reflecting, Renewing & Committing*

Focus Your Life →

□ *Finding out what ... simple EXERCISE*

For ~ 1 week at least once per day slow down & ask:

What is most important to me right now? What do you want?

If I get to the end and I have not done this ____ I will feel regret.

When I pause, I dream of doing this ____.

(If these few questions don't spark you interest see p X for more!)

All three of these questions attack getting to *your key inner wants or what you want out of life*. Write down the top 3 to 6 'things' that come to your mind and a why if there is one.

This takes about 5 minutes each time & ultimately lifts your Spirit to increase your understanding about what might be most important for you.

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☐ *Finding out what ... simple EXERCISE example*

EXAMPLE in preparation for 2020, I did this several times in the fall. I wrote these on scraps of paper from thoughts at different times during the day on different days.

Session 1

- Community** – give & receive with similar interests
- Write** – leave a legacy of everything I know & have discovered
- Craftsmanship** – work with hands forming metal in shop
- Teach** – create classes to teach again
- Spirit** – work more often with my son on his path to adulthood

Session 2

- Write**
- Data – I miss the discoveries from analysis
- Teach**
- Build**
- Play **with my Bride** – What might be more fun together

Session 3

- Mentor** – How can we teach this better?
- Craftsman**
- Travel – a road trip to Mt Rushmore/visit fab shops?
- Stronger – Target #'s to be strongest ever
- Intent – What is the **Spirit** of my intent
- Review - Stuff learned is dropping out of my head

Session 4

- Write** CONSISTENTLY
- Weld/Metal** working habit
- Continue to fill **Spirit** by 'working' @ Church
- Have fun **Leading** Others
- Spirit** to Grow with my Son
- Break habit – instead of phone in BR, Pre-load ride⁴

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- ❑ *Finding out what ... Other prior EXERCISES*

See Deeper Blog #10 'Finding Your Criteria' for additional insights through prior EXERCISES:

- ❑ What are your Values?
- ❑ What rank do you give yourself vs. 'People of the Past'?
- ❑ What are your Lessons?
- ❑ What are the Categories you spend your life on?

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□ *Finding out what ... CATEGORIES from the past*

What areas are so important & re-occurring that I might want to start a project focusing on them?

2011	2012	2013	2014	2015	2016	2017	2018	2019
MCP & Coach Team	My Spirit	MCP, Create & NEXT	MCP, NEXT, find the FLOW	MCP, NEXT, find the FLOW	Financial Freedom - Find My Way	My Chosen Vocation (MCP)	MCV	MCV
Physical Mastery (PHY)	My Chosen Profession (MCP) & Packages for Others (PKG)	Strategy & Do	Find True self	Ask, Reflect & Re-Balance	MCP & Finding the Flow	Margin	Spirit	Legacy (LEG)
Spirit of Children	Spirit of my Children	Spirit Child	Balance & Re-Balance (BAL)	Create	Balance & Re-Balance (BAL)	Spirit	Travel & Learn	Spirit
Grow with Wife	Grow with My Wife's Spirit	Spirit Wife	Spirit Family	Heart	Spirit & JL	Balance & Re-Balance (BAL)	Balance & Re-Balance (BAL)	FIN
My Spirit & Growth	FIN	FIN	FIN	Strategy & Do	Margin	PHY	FIN	PHY
Financial Independence (FIN)	Physically Unlimited (PHY)	PHY	PHY	FIN	PHY	FIN	PHY	Review (REV)
				PHY		To Do	To Do	To Do

FIN = Financial/Money, PHY = Physical/Health, Heart = Spirit (later), Flow = Flow: The Psychology of Optimal Experience by Mihaly Csikszentmihalyi

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☐ *Finding out what ... CATEGORIES 2020*

What areas are so important & re-occurring that I might want to start a project focusing on them?

2020
Spirit
Legacy & Output (LEG/OUT)
Build
FIN
PHY
Review, Reflect & Renew (RRR)
To Do - Massive List

I spent most of 2019 following insights of the Spirit, so I made this first for 2020. Insights from those quiet times have led me to where I could not have dreamed of. Relationships/Community/Family are all contained in this one word for me.

In looking at our lives' we consume so much knowledge, I needed a way to create a consistent place forcing OUTPUT for everything I have learned, so I might continue to grow. Write, Teach & Coach are projects under this area.

Build to me means craftsmanship or working with your hands to create something new. Practice in designing & building something new to you. Building Mazda Miata's & forming/welding metal fall here for me.

This area interests me in everything from my individual investing to helping people understand this tool called 'money', so they might do what they were put here on earth to do. Teaching concepts in Deeper Blogs #2 & #3 lie here.

How does one exceed what they have done in the past and stretch themselves physically? This area is perhaps easiest area to get satisfaction from because it is so easily measured. Physical improvement is not linear, yet very tangible.

I will go over process for this in the next few pages, but I need a feedback loop for self-actualization and this is it.

During some time in Florida getting warm, I was reading Getting Things Done by David Allen. It is daunting to get everything you need 'To do' in one place, but also liberating to let go of it once you do.

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☐ *Placing your Projects within each CATEGORY*

Now that you have your CATEGORIES and what they mean to you, I suggest that you place each one of the projects you are working on within them.

For Example:

- If I am Coaching an Individual for me it would go under the “LEGACY/LEG” CATEGORY for me.
- “SPIRIT” is a large CATEGORY containing many pieces Family/Spiritual Growth – Obeying Actions/Community & Relationships.

You select the Projects within the CATEGORIES & what they mean to YOU!

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□ *Review, Reflect, Renew & Commit (RRR & C) - Overview*

Each week for the last 10+ years I take ~ 45 to 60 minutes to Review, Reflect, Renew & Commit to the next week. I do this with a blank sheet of paper and by memory recall all that has happened in the prior week. I review of the decisions I made. Where I spent the limited time and energy that I had by asking, “Was this decision correct, knowing what is most important to me?” This allows me to re-shape my future.

We are making decisions every day; this is a feedback loop to help you examine if you are making decisions that align with what is most important to you.

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Review, Reflect, Renew & Commit (RRR & C) - Checklist

- Take the Categories that you have established for the year.
- For ~45 to 60 minutes once a week to review what happened the prior week.
- This review is done without anything, but a quiet time, a notebook & a pen.
(If you have access to your daily planner you will just copy stuff, this is NOT the EXERCISE.)
(If you do this on a computer you might be distracted, unless you turn everything else off.)
- Under each Category create a simple bullet list of what you accomplished in this area.
For example: LEGACY– Coached, Created & Published Deeper Blog, Created new EXERCISE, etc.
- If you think of something you need to do, just write NEXT: (so you can find it later)
- Rate that Category on a score of 0 – 10.
0 = I did nothing, (you might put some thoughts on why?)
5 = I did something, yet not enough time/energy here
10 = great, could not do any better
- Now slow down & think ...
Did I spend my time/energy on the right stuff?
Did I decide aligned with deepest desires in the moment?
- This leads right into the creation of a ‘Commitment’ list for next week.

Remember you have all of the NEXT: under each Category for potential next steps.

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□ *Review, Reflect, Renew & Commit (RRR & C) – Renewal*

Looking back to plan forward is critical to increasing the desire & speed of your life.

It can however, lead you to be over-critical of yourself.

The last step is to know everything important has been:

- **captured**

- **thought through**

&

- **committed to**

So that you might let all of it, all of everything go.

Now is a good time to just be in your chosen *'mindfulness technique'* or just go have some fun, strengthening your desire by letting it go.

'mindfulness techniques' are many: some that I use are twice daily meditation, yoga and journaling a few times a week and a climb on the bicycle in the mountains when I can. If the interest is there, I will write a deeper blog on this in the future.

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Overview

- Select the significant **CATEGORIES** of your life
- Place your projects withing these **CATEGORIES**
- Reflect, Review, Renew & Commit for each of these **CATEGORIES**

So, what is in your heart?

What are your deepest desires?

Are you working on supporting projects on a regular basis?

Are you looking backward to plan forward?