

# YOUR ESSENTIAL FOCUS

Using the information you have developed above, take some time and write a paragraph or two about who you are and who you want to be. You are writing about the you that is out there avoiding the superficial and materialistic things. This is about the you who is focused on the things that are deeply satisfying, profoundly rewarding and are driving you to get up each day, moving forward making a difference. Complete in your journal and transfer here to your workbook. If having trouble don't be afraid to ask your mentor for help.

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Now we start the refining process. Begin to simplify your Essential Focus. Boil down the paragraphs you have written into a very short statement, phrase or sentence. It should be no more than a couple of sentences. Again, complete in your journal and transfer here.

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This next step is the hardest. Einstein has said, "If you can't describe something in the simplest terms, you don't truly understand it." Here you begin the process of refining your sentences into a single word. Remember, this is not a race. When you have your one word, you will be able to say you have figured out your Essential Focus. Although this will sound like something Mr. Miagi from Karate Kid would say, you'll know when you figure it out, and you will come to understand this as you work through the process. \_\_\_\_\_

*"Stay committed to your decisions, but stay flexible in your approach."*  
-TONY ROBBINS