



21 Day Focus Challenge

Introduction:

Taking action is the hardest part for the majority of people. They know or at least have a good idea of what they want to do but the idea of just getting started, can tend to overwhelm them.

The 21 Day Focus Challenge is designed to lift you up and help you clear that hurdle with room to spare.

For the next 21 days, you will receive an action step. Some of the action steps have sub-components and will be carried over to the next day for you to continue working on them.

The reason for not putting a huge action step into a single day challenge, is simple. Just looking at a huge action step, will stop a lot of people in their tracks. We don't want you to stop. It is essential that you do each challenge, everyday and they are designed in a way, that it should take you between 20 to 40 minutes, each and everyday.

At the end of 21 days, you will have taken massive action and be fully focused on what you need to do-in order to have laser focus on all areas of your life.

There are two ways to complete this challenge. The best way is to edit this document and type your answers out under each section. You can then go back and read over what you have written and edit, or come up with new ideas down the road.

Nothing is set in concrete, so you should be ready to change and adapt. The second way, is to get a decent size notebook and write your answers in that. However, this means you would need to refer back to

this document, to refresh your mind as to what each action step was. In this challenge for simplicity, we will just say “write in your notebook.”

Get ready to start the pathway to being totally focused.

Day 1-Step up your success by writing the statement highlighted below, at least 25 times, if not more. You need to memorize this statement because you are going to repeat it every night before you sleep.

“I release all negative energy from my body and mind. I command my subconscious mind to bring me laser focus on all that I do.”

There is a two-part reason why you need to do this. First up, many people find it difficult to sleep at night and take over 30 minutes to finally fall into a restless sleep. Great sleep is essential for focus. By repeating the phrase over and over until you drift off, you keep your mind from replaying negative events from the day.

Second reason. Your brain will do as you command, if you command it. Most people allow their brain to wander here and there and repeat negative issues. This happens because your subconscious mind believes that since you think negative, that is what you want, so it gives you more of what you ask for.

Constantly repeating the phrase every night, will cue your brain to search and bring into action what you desire. The ability to focus on what truly matters will become much easier and shortly become a part of your daily life.

Day 2-Grab a fresh notebook or open a new word document and title it, “21 Focus Challenge.” Think about your ability to laser focus on 1 task for 20-30 minutes before taking a 5-minute break. Then another burst

of 20-30 minutes on the same task. Rate yourself on a scale of 1-10. If you are having a hard time rating yourself, then picture the last major big task you did for work. Think about how long you worked on it, before, taking a break, answering a call or checking Facebook.

Now give yourself a rating. Write down everything that caused you to lose focus. Total it up and circle it.

You need to decrease the amount disruptions to your tasks, so circling it, you can come back later and see how you are progressing. Look at your lost focus and decide how to reverse that area. Write down the steps you can take.

Day 3-Now we make a list of personal and business. In separate columns, put down, "relationships, health and fitness, business and finance. If you have others, that is fine put those down too. Under each column, think about how well you focus in those areas and again, write down where you stand on a scale of one to ten.

The area with the lowest score is the one you need to fix first. If your finances score is four of ten for example...this is going to have a major impact on your relationship and your mental health. Let's get that up to a ten out ten. Next time, we will look at each area individually and give you some help on getting results

Day 4-What are you passionate about? Here we ask the question...are we doing something we would do, even if we didn't get paid? You can focus on a job that you don't like or are neutral about, but it is much harder. The average person would prefer to do a job that they are passionate about.

It's time to write down what you are passionate about and how you could make a living doing it.

You might even boost your income while staying at your old job, while you evaluate the success of the passionate job. Make a list now. Write down your current job and then the careers you think that you could be passionate about.

Then beside each one, rate them on a scale of one to ten. Which job could you focus 100% on? If your current job is rated four out of ten and you have a passion for organizing your space and all your families and friends, that is rated eight out of ten-then it's time to revisit your life goals. Determine where you really want to put your focus and achieve happiness.

Day 5-Relationships. What you can do to focus on your significant other and improve your relationship? This is super important. If you are not putting a great deal of focus into your relationship, everything else is going to suffer too.

Know of anyone in a bad relationship, that is able to focus on their job and excel? There are not many people that can do that. It's hard to get up and at it, when you went to bed really angry at your significant other.

Rate your current relationship with your significant other on our usual scale. How happy are you with your rating? If you are feeling discomfort, then that means you have some work to do. List out the items that make you unhappy with your partner. Then list out what you believe your partner would put in their list.

These are the items you need to focus on. For instance, in your list, if you wrote down that your partner spends four to five hours a night

watching television, while you cannot focus that long on poor quality programming, then something has to change.

Work on getting your partner to cut down on viewing time and pick something that you can both engage in.

In your partners list, you wrote that you have your cellphone in your hand constantly and this is something they talk about, its time to change. Visit the reason why you are always checking your phone.

Is it serious business or randomly checking to see who is upset with who on Facebook. Find the time to put your cellphone in another room and then focus on your partner and engage in meaningful conversation.

Day 6-External family and friends and co-workers in most part are cooperative and not negative. To be clear, external family means we are talking about someone other than a spouse or your own children. This could be a brother, uncle or niece.

There is usually one or perhaps two that do not add value to your life. Focus on improving relations with those who are borderline and consider removing those who will continue to have a negative impact on your focus and energy. Take the time to make three lists. External family-Friends-Coworkers

Use your scale out of ten to rate each person on the three lists. Now find the low scoring ones. Those would be the ones who cause you to lose focus by impacting you with negative words or actions. They might demand your time because they want to offload their work onto yours.

Everyone has a relative who constantly needs a drive or wants their kids picked up by someone else. Friends who day in and day bombard you with the story of how their significant other is ruining their life.

How about co-workers, who drop a file on your desk and then tell you a sad story of why they cannot complete this task and if you were truly a team player, you would take care of it.

The best way to handle all these folks is gently but firmly. Give them the things you love about them and then gently advise them of some changes they must make in for you to focus and succeed.

Day 7-Health. Today we will look at your mental health and ask questions about what thoughts are most common in your mind? You need to inventory your negative thoughts. In your notebook, write down the common negative thoughts that you are fully aware of right now. An example would be, constantly stating, “I can’t, I shouldn’t, and wouldn’t it have been great if I had done this instead.”

These types of statements that many people say to themselves, grind into the brain and cause depression and anxiety. You become unable to put your total focus in a partnership or a task at work, because you are currently unable to stay on track and drift into the, “wow, this is hard, I can’t do it.”

When that starts to happen, it can snowball and become an avalanche of remembering times that you were unable to do something and just gave up.

You need to change the statements.

For example, “I can’t,” becomes “this is giving me some grief right now, but I am going to slam dunk it in the end.”

When your mental game is not on point, you can not only suffer from the “I cannot,” to having a serious bout of depression.

If you are feeling blue frequently, make a list of what you feel may be causing it. Are you eating properly, exercising, talking out your frustrations with family or friends? These are your first go-to things to do when you are blue.

Of course, it never hurts to see your doctor and get some advice. Explain how you feel and how it hurts your ability to focus on the truly important things in life.

Day 8-Physical health. Without good physical health it is difficult to focus. What areas can you improve on?

Make a list of your current exercise items and the amount of time per day that you spend on it. People like Dwayne “The Rock” Johnson have superior focus and goal achieving abilities because of their physical health. Dwayne starts his serious workout routine at 4:30 am.

Now make notes beside your list of how you can improve. If you wrote down that you ride your bike for 30 minutes a day, ask yourself how much did your heart rate increase? Did you sweat? Are your muscles tired...a good tired that will promote a healthy sleep?

When you note that perhaps you are just easy riding, strive to change it. Pick a different route with some hills. Or change your speed. Go slow, sprint, slow down and sprint again.

Do a complete survey of your physical regime now.

Day 9-What are you fueling your body with? Want laser focus? Eat the right food today.

List out your breakfast, lunch and supper and include the snacks. Include the beverages. You want mostly water and some fresh squeezed citrus or vegetable juice in there.

Okay examples of what should be in each list.

For breakfast, we should see something like blueberries or avocados. For lunch or supper, some fish that is high in fat. Sardines make a great lunch and fresh mackerel with pineapple is delicious while being awesome for focus. The snacks need to be nuts or seeds high in omega 3, not potato chips. If these items and more are not on your list, then cross out the bad stuff and add in all the good food we just mentioned. Get fueling for focus today.

Day 10-What do you focus on in your business? The so called, failures or learning to improve from mistakes? Rarely does one have a job outside the home or as a freelancer, that days go by before you make a serious blunder. One of the reasons why people make these mistakes in business, is their lack of focus.

When you rush through a job, you miss items that might be listed in a contract or write an important sales email and forget to mention a detail that is highly important in order to get your customers signature.

Dwelling on the mistakes is not the answer. Focus is your correct path.

In your notebook, write out what you consider are mistakes you have made in business over the last month. Beside that, write, "I forgive myself." You need to accept that it happened, forgive yourself for your errors and focus on creating less mistakes. It will never be perfect.

Now write down, why these mistakes happened? Ask yourself if you rushed, had too many distractions or didn't fully understand what was

required? In a high-tech world, if you are not focusing on knowing everything you can about your subject, then you are putting yourself at disadvantage.

Finally write down what you are going to do, in order to focus and improve.

Day 11-Finance...Are you very loose with your money, have zero focus on what you spend every day and what money comes into your account everyday? You need to chart your money. You may not be aware that you are overspending on coffee, outside lunches; gas when you could have taken a bus for example.

You also need to chart what you bring in each day. This is especially true if you are a freelancer. Know your budget and look where to cut.

Your action for today, is to come up with a way to chart your finances. Use an excel spread sheet or something else.

As well, you need to sit down in a quiet space and go over all your bills. Quite frankly, if you are not doing this, you are likely being overcharged for services. You want to be debt free, right? Of course you do. Start your plan to be debt free today. In your notebook, look at where you can free money up and put it on your mortgage for starters. Ask yourself hard questions.

Ask if you really need to have all those cable services, that add up to \$150 or more a month. You get the picture and you can do this.

Focusing on your finances, will free you from money anxiety and depression.

Day 12-Build wealth. Money will allow you freedom and the ability to give. It has been shown that when you give, the universe gives back to you in abundance. Start with the basics and work your way up.

Your action plan today, is to go to the library. Check out “The Wealthy Barber,” by Dave Chilton. This is an excellent book that will get you started. Why are you not buying this book? Well, the answer is simple. You are going to focus on tracking your money, being debt free and building wealth from this day forward. Don’t pay for this book. The cost to buy in a book store is just plain outrageous and yes you can get it on Kindle but why even lay out a dime if you don’t have to.

Grab this book today and take serious notes, then put an action plan together on how to focus on all matters related to your money.

Day 13-Growth. In building focus, learn to grow in your knowledge. Feeding the computer between your ears, gives you a wealth of knowledge and the ability to focus on what is important...focus, self-confidence and self-esteem plus for many people, spirituality.

Your action plan today is...stopping looking at meme’s while on the toilet. Sort of a joke but maybe not, depending on how long you hang out there.

To be serious though, you have down time that could be used to build your focus, self-confidence and grow in the other areas mentioned. Today, you will start with these podcasts and then search for others that fill your needs.

<https://www.theminimalists.com/p036/>

<https://player.fm/series/courageous-self-confidence>

Day 14-How many books did you read last year? How many documentaries did you watch?

When you watch mindless television, it numbs your brain. The dumbing down of society has been attributed by some...to the proliferation of game shows and reality shows. Feed your mind, like you would a healthy body and it will respond and make your life successful.

Your action plan today is to drop the garbage television and seek out documentaries that will enrich your life.

Next, you will make a list of books related to focus. Since many people do not like to read, that doesn't let them off the hook from doing this action plan.

Non-readers will search the library system for talking books on focus.

To get you started...search your library for "The 7 Laws of Focus."

Day 15-Meetups. There are meetups for everything under the sun. Meetups are a great way to get out of the house and socialize while learning new things.

Get googling today and find a meetup for focus in your city. If there are none, then start one. That's right, you can take the leadership role and start your own meetup group. Then invite people you know who are already great at having laser focus and invite them to share their knowledge.

People love to teach what they know, and this is an opportunity that can reap other rewards. You can gently network with people in your meetup group. Perhaps you are looking for a new career and this may put you in touch with someone who has connections in your chosen field.

Day 16-Personal projects. Your career is going great. You have a fabulous relationship with your partner and the best friends in the world. Life couldn't be better. Your health is awesome and yet something is missing.

Think about your life and what you do for others. Are you a giver? Chances are, that you invest more in others than you do yourself.

When you focus so intently on others but not so much on yourself, you can burn out. It is very important to love yourself and put some serious focus on who you are and what you bring to this world.

In your notebook, write down what you do for yourself. After a few minutes, if your page is blank, then visualize what you would like to do for yourself.

Would you like to paint or write a story? If you feel that you lack artistic talent, then what else could you do?

Write down the idea of hiking in a spot where not many people go. Think about going there just by yourself and bring one of those comfortable hiking chairs. Make a note where you can buy one. Write down what you would do. Would you sit and breathe the fresh air? Would you focus on the wildlife, like the birds and the squirrels or use the time to do some meditation?

You need to invest in your personal well being on focus on creating the best you. Decide and take action today on YOU.

Day 17-Plan for focus. Okay we are getting close to the end of our focus challenge. The next few things we are going to put into action, all go together and will make your ability to focus and succeed rock.

For a couple of these items you will need to spend a small amount, but it will be worth it and pay you back in spades.

You need to plan your focus. A good focus planner takes all the elements of focus, goal setting and steps to action-binding them together to make a very strong program for yourself.

Today look for a focus planner and start working on it. If you need to save time or aren't really sure what to get or where...then have a look at the link below:

<https://fullfocusplanner.com/?v>

Day 18-Journal. To go hand in hand with your focus planner, use a focus journal. The journal linked below is specifically designed to help you journal about productivity and goals. It is specially created, so that it lays flat for easy writing. The interior design is based on bullet journaling.

Get your journal today and start working on building that laser focus.

<https://www.thefocusjournal.co/products/the-focus-journal>

Day 19-Visualizing. You took action, and got your planner and your journal for focus. Now perhaps you are stuck on what to put in these items.

This is the perfect time to practise visualizing.

The best 3-point shooters in basketball are experts at visualizing. In their minds eye, they repeatedly see the ball arcing through the air and swooshing through the net without touching the rim.

To achieve focus and clarity, you need to practise visualizing in your mind, what you want from life. See it in full detail and add sounds that enhance the feeling of success.

Your challenge today, is to practise visualizing off and on throughout the day. It takes practise to slow your mind and then see the big beautiful picture. Set aside quiet time and visualize as much as your day will allow. Then practise a short visualization each time before you write.

Day 19-Vision board. These are also sometimes called focus boards, especially if they are used in a team atmosphere in business. In this case all the items on the board would have to appeal to everyone, so a lot of thought goes into the creation.

To do your own focus board, decide what your number one focus is at this very minute. Is it to lose weight and enjoy the process? Or have you been stuck in an apartment for far too long and with X number of children?

Today you will create a focus board the simple way. Go to the store and get one piece of plain poster board, the kind that kids use in school projects all the time. If you don't already have colored markers or pencils, get some of those too.

Your vision board is going to be placed above the desk you use to write in your planner/journal.

Your fun task is to find pictures that relate to the type of house you want to focus on buying, if that is your vision for today. You'll need some free real estate magazines and maybe some paid magazines on houses. If you have a good quality printer, then you can find images for you to download, cut out and focus on.

Put your board together with all the images you get and with your colored pencils, doodle in things that will motivate you to focus on these goals. You don't have to write in straight lines, so if you are doing a collage type of board, go right ahead and slant, "I will buy this house in one years time," alongside the house that gets your juices flowing the most.

Day 20-Subliminal works wonders for many people. Subliminal messages enter your brain, bypassing the subconscious minds steel doors. The positive messages remove the negative thoughts that have dominated your thinking for years.

You can use focus subliminal video to back up what you have been doing to build focus or go deep if you are having trouble being totally focused.

Your action today, is to give this subliminal a listen. Then decide if this is something you want to incorporate into your daily focus routine.

<https://youtu.be/-ZDQB6dbCq8>

Remember that if at first you don't have success, don't give up. Search for a different subliminal video. Not all creators are equal.

Day 21-Apps are your final challenge. The use of apps in goal setting and time management is very important.

To finally put this challenge all together, we are going to look at focus apps. There are a number of them out there but for your final challenge, we will get you to look at app below today:

<https://www.focusboosterapp.com/>

This app not only gets you super focused, it is based on a time management idea called the Pomodoro technique. This technique has you totally focusing on one task for 25 minutes, followed by a short break and then another 25 minutes of work. Check it out today and use it right away.

We are at the end of your 21-day Focus Challenge. You should be miles ahead of where you were before you started this challenge. Here is the best thing for you to do. Do not just stop dead in your tracks. Go back and review your challenge as many times as you need. Make adjustments that help you focus better. Always remember the story of planes and boats. They start a point **A** focused on getting to point **B** safely. Along the way, they get battered by high winds and waves pushing them off course. They need to totally focus and alter their course when necessary to get back on track.

You have the tools now and here is to your success.