

How to Stay Focused on Your Goals

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A black and white photograph of Bruce Lee, looking slightly to the right with a serious expression. The background is dark and out of focus.

toolshero

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The successful warrior is
the average man, with
laser-like focus.

- *Bruce Lee*

Why?

When you
FOCUS
ON WHAT YOU WANT,
everything else
falls away.

A Fact

- In every success story, the longest chapter is the one about **determination**.



How?

- Well, I'm going to share with you today some quick but powerful steps for staying focused on your goal
- I always make sure that these are part of my routine, no matter where I am or what I am doing.



Step 1

- **SET UP YOUR DAY THE NIGHT BEFORE**

Before you go to sleep, make some **basic decisions** about what you will do tomorrow, such as what you will **wear**, what you will eat for **lunch**, and the **way** you will use in **work** or a **task**.



Step 2

- **DO THE MOST DIFFICULT THINGS FIRST**

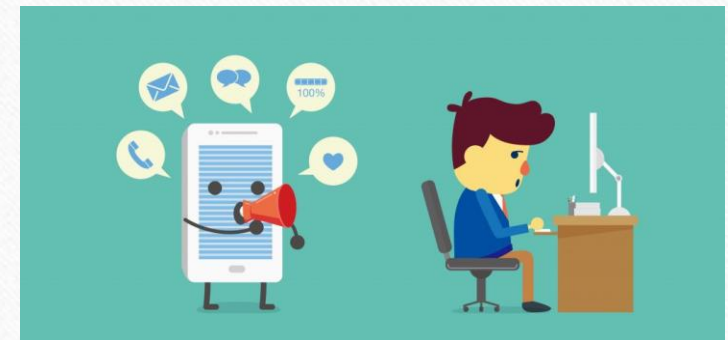
The most difficult duties will not get easier the more we fret about them or put them off. We will only waste energy that would be better spent by just digging in. **Get after the hardest job right away while you are still fresh** and have the energy.



Step 3

- **ELIMINATE DISTRACTIONS AND TIME WASTE**

Real emergencies will come up and we have to deal with them. **The majority of situations that do come up to distract us are not emergencies.**



Step 4

- **REGENERATE AND KEEP UP YOUR ENERGY**

Take a quick break when working on something if you feel your energy fading. Take a **walk**, **run**, **stretch**, or do whatever creates results for you to take a brief retreat. You will come back to your task with renewed vigor and a sharper mental focus.

Instead of eating a large meal at lunch, **snack on healthy foods** such as **fresh fruit** and **vegetables** during the day.

Drink lots of **water** and get into a regular **exercise** program.



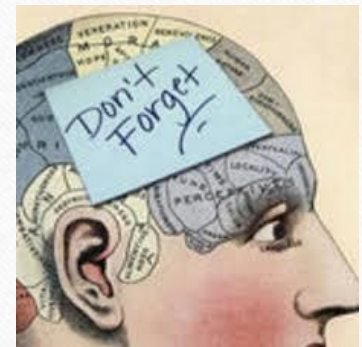
Step 5

- **CONSTANTLY REMIND YOURSELF OF YOUR ULTIMATE GOALS**

Create a **vision board**, a **mind movie**, or some system that serves as a **constant reminder** of what you are working toward. The “why” behind the goal is crucial as it will serve as a motivator.

Example:

Why am I doing this task after all? To support Japanese, Foreigners, Community, etc. You need **to discover your own personal goal..**



Step 5

- **CONSTANTLY REMIND YOURSELF OF YOUR ULTIMATE GOALS**

Remember an example:

* Our Vision statement. →



Expand your Horizons

Step 6

- **Effectively Manage Your Time**

It's very hard to achieve our goals, when we don't effectively **manage** our **time**.





That's it ;)

So, please remember...

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ありがとうございました。

Thank you. ☺

