



FOCUS!

The practical e-zine to help you succeed

THE POWER OF FOCUS INC. Life-changing training programs for the business world. We deliver results that stick!

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All of us at The Power of Focus wish you a 2008 that's blessed with exciting goals, loving relationships, excellent health and the realization that you can achieve anything you put your mind to. Stay focused, and your dreams will come true!

What Does 2008 Have in Store for You? *—by Les Hewitt*

It's that great time again, the beginning of a brand new year. You can let go of all the things that didn't quite work out last year (that's important by the way, the letting go part), and focus on exciting new goals and dreams for the twelve months that are waiting to be explored.

Okay, let's get down to a few practical strategies here. First, not a whole lot happens unless you have a BIG picture that is crystal clear. Every year we get the opportunity to design our better future. That means creating what we want to achieve. The way I do this is to schedule a whole day off. Then I grab a big notepad, a couple of pens and I start making a list of everything I want to do in the coming year. To make sure I'm creating an excellent balance between work and family commitments, I use seven different areas as my template. I call these The Essential Goals. The seven areas are, in no particular order, Business, Financial, Fun-Time, Health and Fitness, Relationships, Personal and Contribution.

Then I ask myself, what are the three most important objectives I want to shoot for in each of these seven areas? I make lists, I scribble and score out, set another idea, substitute, prioritize and finally end up with a Master Plan that I transfer onto one page. That's important—a single page is all you need. Keep your overall goals simple. I know people who write reams and reams of notes and details and they end up with a big binder, or computer file, that's so complicated it probably won't even be looked at again. Believe me, I've done it myself on more than one occasion! Is this something you can relate to?

Stay Focused and have a great month! [Please subscribe my friend](#)

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