

5 TIPS TO GAIN FOCUS ON YOUR GOALS



We can't go aimlessly throughout the day and expect to achieve our goals. It's important to be intentional in all we do. Determine what needs to happen to help you achieve your goals, hit the target by maintaining your focus.

PREPARE SUNDAY NIGHT

Plan out your week Sunday night. It helps reduce stress by planning. It gives you a visual of your goals, something to work towards without going aimlessly through the day and accomplishing nothing.



RECORD IMPORTANT FACTS

Avoid the frustration of forgetting an idea that may set you ahead of the game. Record your idea on your voice recorder/cellphone. You can also record important dates and prepare your weekly schedule.

SUPPORTERS

Do you have a support system that will help you stay motivated? People that will help build you up, encourage you to keep going. How about an **Accountability Partner**? Be aware of your environment. Surround yourself with individuals who are just as committed as you are to reach their goals.



MINIMIZE DISTRACTIONS

Don't waste time by watching tv aimlessly. That's less time you have to work on your goals. The same applies to social media, engaging in conversations that aren't serving your purpose. You get the idea.

JOURNAL CONSISTANTLY

You would be amazed how writing in your journal consistently can help you maintain your focus. It helps you gain clarity by releasing all the clutter in your mind. It's also therapeutic. Again, it's a stress reliever.

