

# focus binder map



Like, right now?

Do I need to communicate  
this in any way?

What needs to be DONE, this week!?

Is there anything - I mean anything - holding me back?

What can I do that will help me to feel  
like I am working towards my vision?

How can I manage/shift/eradicate this?

Meditate.

In what ways do I need to honor  
my emotions or body?

In my stillness, what can I focus my minds eye on?