



Focus

Purpose and Use of your "Focus" Section

Here is where you re-group, get organized, focused and resupply for everyday living while keeping in alignment with your spiritual focus! Doing a Target Focus every 4-6 weeks is suggested with weekly re-visits making any adjustments!!

You'll be Focusing on: Priorities, Fellowship, Aspirations, Tasks & Balance

How to use your "Target Focus" Page

"My Focus" Area- Fill in making your Main Target of Focus your Intention, Mantra & Action. You may have this information already from an Intention Page that you can copy. If not follow these guidelines...

Intention (Ideal)-Get Clear and Focused on what you Desire - this is your Request and claim to Source! Use the worksheets listed and Life Shaping concepts to formulate your Intention/Ideal. Your Intention or Ideal is the true Desire (Quality) you are looking to manifest (not a "thing"). Write it in the "Intention" Area.

Intention Section Questions:

What would I like to Experience, Create, or Happen ?

What would I like to Design into my days?

What do I Intend?

When I look back what would I like to know has been accomplished or achieved?

When I imagine this Intention/Desire being realized, the quality of life I imagine experiencing (example: Joy)

How to use "Aspirations" Area of your "Target Focus" Page

This is the Overall Important Aspirations to Focus your Attention on! Aspirations are points and actions of Attention. They are all the Items and Tasks that keep life moving and progressing. They are things necessary, maybe responsible for, but they command Attention! In Life Shaping rather than make them demands or measurements of judgement, instead every Item or Task is something chosen, Aspiring to Completion. The idea is to be aware of what is Priority or Important to give Attention, but then allow Inspired Action or momentum to be what motivates you to Act on the Task and brings it into completion.

Priority- The Most Important (maybe most urgent) Tasks Now to Attend to! Enter 1-5 Main-Top Priorities for the time period you're working with under the banner "Priority".

Fellowship- Priorities having to do with connecting with others. The Most Important (maybe most urgent) Calls or "Reach Outs" Now to Attend to! Enter 1-5 People you would like to connect with for the time period you're working with under the banner "Fellowship".

Tasks- Important and Timely Tasks to Attend to Now or Soon! Enter 1-10 things you would like to Accomplish or Do for the time period you're working with under the banner "Tasks".

How to use "Practices" Area of "Target Focus" Page

This is the Overall Important Practices to Focus your Attention on during the period chosen.

Self Practice-What General Self Practice (Habitual Activity) are you Highlighting supporting your Self Care or Self Improvement?

Highlight an Activity you would like to engage in or want to capture that keeps you engaged in your Self Care. How does it Nurture you inside out?

Vital Practice-Highlight an Activity you would like to engage in or want to capture that enhances your Vitality. This may include Dietary Habits like drinking a certain amount of water a day, taking Supplements or Exercising. How does it Nurture your Body and what benefit does this practice bring your Vitality and Wellbeing?

Sacred Practice-Highlight an Activity you would like to engage in or want to capture that keeps you engaged in your spiritual growth and connection with Source. How does it Nurture you inside out? How does this Practice strengthen and expand your connection with Source or Spirituality?

Life Shaping- What would you like to Focus on that stretches you, promotes growth or calls something you desire into manifestation?

Project- What Projects would you like to Focus your attention on in this period?

Mantra - Develop a Prayer/Formula or Affirmation that will support you in experiencing this Desire. Use the worksheets listed and Life Shaping concepts to formulate your Mantra.

Mantra Section Questions:

What Formula/Prayer/Affirmation am I currently or actively working with to activate within me and my life?

What Formula/Prayer/Affirmation can I work with today to be a Vibrational Match to that Quality I Intend? What can I Affirm that supports my Attitudes and Beliefs in support of my Intention/Desire?

Action - Develop a loose and flexible plan of Action based on your Intention and what you are going for. If you were to logically go about getting your desire what steps would you take. Here is where you commit to some form of action in support of your Intention and moving in that direction. This how you demonstrate your conviction to this Intention by supporting it and backing it up with movement and momentum. Allow for flexibility in your game plan...Source and your Inner Wisdom may have a better plan!!!

Action Section Questions:

What actions can I take that would most likely lead to the manifestation of my Intention?

How might I act in accordance with my Intention
How might I actively think, feel or behave in support of my Intention? What changes am I willing to act on to create more space and probability for the manifestation of my Intention? How might I go about going after manifesting my Intention- what's my game plan?



How to use “My Balance” Area of “Target Focus” Page

This Area is more thoroughly discussed in the Life Shaping courses as a focused way of incorporating Balance . Use the Subject Heading Labels and the prompts beneath them to guide you through creating a couple of Tasks (Points of Attention & Action) that support each Subject, naturally creating Balance in your life.

Aspirations- What Tasks or activities would support experiencing my desire?

Nurture-What ways can I make it a point to nurture myself?

Stimulation-What activities can I engage in that stretch me and keep me growing?

Self Expression-How may I more fully express myself and who I am that enhances my personal growth?

Recreation-What activities can I engage in that nourish me and re-charge my battery? What fun can I engage in?

Fellowship-Who do I want to connect with and/or spend time strengthening relationship/friendship with?

Spirituality-What would I like to focus on that would enhance my spiritual growth?



Making an "Activity" Post on an Activity Page

Jot Down any upcoming or desired Activity you anticipate enjoying, like a special hike or visiting a museum. Any Activity that is calling you and looking for your Attention highlight on this page!

Making an "Generic- On Radar" on your On Radar Page

Add any thing worthy of your Attention and in your Focus as a Generic Radar Post. Decorate the page as fits add any other notes or tidbits of inspiration.

Making an "Event" Post on Event Page

Highlight an Event you have scheduled or an Event you would like to engage in, want to do, accomplish or Experience.

Decorate the page as fits for the Event including instructions, directions, address or any other worthy notes.

Making a "Project" Post on Project Page

Highlight a Project you would like to engage in or want to do, accomplish or Experience.

Decorate the page as fits for the Project including instructions, Task Lists or any other notes or tidbits of inspiration.