

# LANDMARK LIFE COACHING

## TOP 5 WAYS TO MAINTAIN FOCUS

Focus is a key element to success. You need to be able to keep your eye(s) on the end goal and make all decisions with that in mind. If you find you are easily distracted or chasing the new shiny object then these 5 simple steps will help you maintain your focus.

1. **Put a reminder of the End State where you see it every day.** Once you have identified your goal make sure you put it where you can remind yourself daily what it is.
2. **Ignore the flashes.** As you are working toward your goal you will see other things that interest you and may easily draw you away.
3. **Make all decisions based on the Goal.** Even if you desire to make a decision that is contrary to your successful execution of the goal don't allow yourself to.
4. **Relentlessly attack the goal.** Always be working on actions that are moving the ball forward to achieve your goal, do not let time pass by that hasn't benefited obtaining your goal.
5. **Think positive.** A positive attitude is the only way, a negative attitude works against you.

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Dwayne.paro@landmarklifecoaching.com

301-932-5430