Choose Your Focus

Narrow everything you could change down to the one thing that deserves your attention now.

You may have found several possibilities in your Life Audit. You do not have to address them all at once. This tool helps you choose a starting point you can commit to for the next 90 days.

BRING YOUR LIFE AUDIT

Review the areas you marked for improvement and the patterns you noticed. If you have not completed the Life Audit, you can still use this worksheet: simply list the changes currently on your mind.

Remember:

- The most urgent issue may require immediate care or help.
- Your lowest rating does not automatically become your focus.
- Choosing one focus is a decision for now, not a decision forever.

THE QUESTION TO KEEP IN MIND

If I gave one area my attention now, which change would make daily life more workable, meaningful, or free?

DIGITAL USE

Download and save your own copy. Click an answer or rating area to type. Save after each session. Keep answers within the visible space so they print fully.

Put It All on the Page

List up to five things you could work on. Name each in plain language. A focus should describe a part of your life you can influence, rather than a result someone else must provide.

01

02

03

04

05

What is driving your desire to change these things?

Look for Your Best Starting Point

Choose your three strongest possibilities from the previous page. Give each a quick 1 to 5 rating for the questions below. These numbers support your judgment; they do not make the decision for you.

1 = not much | 5 = a great deal

POSSIBILITY 1

Name: _____

Why now? How much does this matter to me right now?	__ / 5
Ripple effect: Could progress here improve other areas?	__ / 5
Agency: Can I take a useful step with what I have today?	__ / 5

POSSIBILITY 2

Name: _____

Why now? How much does this matter to me right now?	__ / 5
Ripple effect: Could progress here improve other areas?	__ / 5
Agency: Can I take a useful step with what I have today?	__ / 5

POSSIBILITY 3

Name: _____

Why now? How much does this matter to me right now?	__ / 5
Ripple effect: Could progress here improve other areas?	__ / 5
Agency: Can I take a useful step with what I have today?	__ / 5

STEP 3 | CHOOSE ONE

Make the Choice

Look back at your ratings. Pay attention to what you feel drawn toward, what you can influence, and what has a meaningful ripple effect. You may choose a modest starting point that gives you room to build momentum.

The one area I choose to focus on now:

Why this deserves my attention now:

What I am choosing to set aside for now:

I can revisit that later. I do not need to solve it today.

Define Your Focus

Turn your chosen area into a direction you can act on. Keep it within your influence and small enough to guide the next 90 days.

My focus for the next 90 days is:

I will know I am making progress when:

The first small step I can take within 24 hours is:

I will take it on: _____ at: _____

YOUR NEXT TOOL: THE 30-DAY ACTION PLAN

You have chosen a direction. Next, break it into doable actions that fit your real life. You can revisit this focus whenever you learn something new.