

DAY 5: FIX YOUR FOCUS

If nothing is defined, everything competes.

My 30-Day Target

What is one goal I'm committing to?

Why This Matters

Why is this important right now?

What's Getting in the Way?

What is distracting me or pulling me off track?

What I'm Cutting Out

What will I remove or reduce?

Today's Takeaways:

Clarity creates focus.

Today's Action

Choose one target and protect it.