

theFocusedFive!

“Ask yourself the *EASY* questions you give yourself a hard life – ask yourself the *HARD* questions you give yourself an easy life!”

My suggestion: Set aside some quiet self-management time and ask the 5 focused questions prompted by these headings:

1: What shall I STOP doing in my life/business/partnership/etc? 2: What shall I do less of? 3: What shall I KEEP doing?
4. What shall I do MORE of? 5: What shall I START doing? Be bold, be ruthless, be completely honest with yourself. No one else need ever see your answers. Using these Focused Five Questions on a monthly basis will keep you on track towards your dreams, your aspirations – your goals. So simple, so easy and yet probably the best self-management tool you could ever possess. Use it well!

STOP	MINIMISE	MAINTAIN	MORE	START