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Week 44 Focus: Focus

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Focus Question: *Where are you focusing on?*

Description

Focus is a multi-layered word in the remote space. Focus is not only about what we are choosing to look at, what also thinking about what helps us keep our focus.

#1 – Where are you focusing?

Just as Goleman writes focus is important on three levels – inner focus, other focus and outer focus. Where are you putting your attention? All three areas are key for work in the remote space, and it can be easy to get pulled into certain areas, for example, an inner focus.

#2 – Building out your focus muscle

What are you doing to focus your attention? This may be about tuning out your distractions as well as those things that are not core.

Read through Week 43 on Keeping Things Simple and Week 42 on Minimizing Distractions

Activity

1- Consider where are you focusing – inner focus, outer focus or other focus? Where are you not focusing? What's the danger or trap of not focusing there?

#2 – What is going to help you build your muscle for focus? What will help minimize distractions?

For more on this topic check out: [The Teams365 Blog](https://TheTeams365.com) at [Potentials Realized.com](https://PotentialsRealized.com).

"For leaders to get results, they need all three kinds of focus. Inner focus attunes us to our intuitions, guiding values and better decisions. Other focus smooths out our connections to the people in our lives. An outer focus lets us navigate in the larger world. A leader tuned out of his internal world will be rudderless; one blind to the world of others will be clueless; those indifferent to the larger support within which they operate will be blindsided."

Hans Hofmann

Routes of Focus

- » Big Rocks (Steven Covey's Language)
- » Priorities
- » What to Say Yes to. What do Say NO To.
- » Revisit your VISION – Where are you going (short term, medium term, long term?)
- » Consider the BIG PICTURE – 30,000-foot view
- » Revisit values. What's important?