



'Single Focus' Question

*What do I imagine is possible
when I focus on only one of the
five fundamental future self
disciplines today?*

My insight is everything I create becomes natural! **Creating and living the best values through discipline and practice, I create the best version of my true self!** Understanding at this point is better than passion. In spirituality I sense god speaks to me in the events of my life! This is my process! Breath is my number one fundamental. Breathing, receiving love and giving love! Without it I can do nothing. Becoming a master of oneself leads you to identifying your true identity and living it. Just do it!

My insight is: I will make a commitment to letting my old self fall by the wayside and **focus daily on doing what I need to do to become the future self I see in my vision.**

My insight is: I am a doer and not a dreamer. **I have been caught up in dreaming all the time and not taking action.** As Nike says, “Just Do It” and I'm going to take action.

My insight is to **identify which habits to change**, how I'll change them to reflect what I really want my eating to change in my health and happiness. Recognizing the triggers that deflect from my ideal habit and write down each time that happens so that I can truly identify what needs to change.

My insight is: If my self-discipline is hard, I'm probably not doing it correctly. **Self-discipline is in fact; self-love and it allows me to create better habits.** Practicing self-discipline overcomes any fear or anxiety. I can create making room for mastery, and that is nothing but real freedom!

My insight is that with my nighttime ritual, it's time to codify it and plan ahead during the day. I will achieve mastery of this. This will make mastery of the next easier. **Just good enough isn't good enough anymore.**

My insight is: My Apple Watch breath app “ques” my mindful nose breaths 10x throughout the day. Grounding me to the here and now. **Calm, collected, conscious and alive.**

My insight is that **knowing who my future self is and how I want to feel is the fuel that creates my fullest life today.** Today I will focus on micro, mini and macro movements.

My insight is a **focus on fine-tuning my sleep ritual** will greatly contribute to my alertness and aliveness.

My insight is to **take a deep breath** every time phone rings.

My insight is that **I would never think of putting sugar in my car's gas tank**. So why would I ever put sugar and junk into my body's gas tank?

My insight is: Begin, **set my intention, nothing happens if I don't start!**

My insight is: **Grace with myself and hope for the future**. Mastering the discipline of healthy eating will give me life again. One small step toward my future self.

My insight is that when I am focused on my breath today it brings me back to myself and keeps me on my path ahead. When I am focused on my breathing, **I am in the present moment which is where I really need to be**.

My insight is that **I have set my phone alarm to allow me to develop the habit of morning and evening meditation** so that I can be more useful.

My insight is I need to work on meditation and focus and **stop letting the phone run my life!**

My insight is that today I will **use my willpower and discipline to focus** on what I am eating and drinking. I will be aware and evaluate, so I am more sensible of what goes into my mouth - creating a healthier, more joyful life!

My insight is... There is an element of suffering around not doing. Letting that go could elevate and invigorate me. **Not letting go keeps me from fully engaging**.

My insight is: When I plan my dinner ahead of time, I have time to work out the logistics of prepping and/or delegating part of it so that a healthy tasty meal results at the right time. **By eating properly and not waiting too long, I feel great!**

My insight is to **stop thinking about doing something (dreaming) and just do it**. Don't blow the thing up to something overwhelming.

My insight is: **Focusing on the breath helps me make the best choices for myself** coming from a place of calm and centeredness in everything that comes my way day to day. Noticing and letting go!

My insight is to **focus on one fundamental a day** until it become a natural daily routine in my life.

My insight is: I have been kidding/lying to myself that I 'don't have time'. **I do have time if I become more disciplined.**

My insight is that **I need to focus on my selfcare rituals** and proper meal planning

My insight is that I will once and for all, starting today, get the sleep I need. **The impact on my life will be profound.**

My insight it to **embrace each day to move** (micro, mini and macro) **until I have this habit as part of my life.** And then I move on to the next.

My insight is... Choosing to focus today on breath. Getting **better conscious awareness how using breathing before and after a task and also how it will help me through a triggered emotion** will better balance me throughout my day!

My insight is: I am the vortex that creates my environment, everything is beginning on the inside where my thoughts start. **I create my existence.**

My insight is that **a disciplined sleep routine is so necessary** for me to be a positive force so I can contribute to my life and to others' live.

My insight is to deconstruct the thought behind the feelings and **stay aware of my breath.**

My insight is **discipline of my mind and actions will allow me to be a better contributor to my own life** and the life of others. Today I will focus on my eating habits.

My insight is: Today I will focus on the discipline of meditation. I choose to schedule 15 to 20 minutes in the middle of the day and at the end of my day before I go to bed. **I will use meditation to fine tune the rest of my disciplines.**

My insight will be to eat well just for today which will lead me back to the one of the loves of my life which is the gym. **There is zero risk in what I need to do just fear of change,** but I will conquer my fear.

My insight is that today **I will use my willpower and discipline to focus on what I am eating and drinking.** I will be aware and evaluate, so I am more sensible of what goes into my mouth, creating a healthier more joyful life!

