



The Focus Bundle

www.thelifestylecircle.com

*More Focus,
Less Stress,
More Happiness*

Thank you for downloading

The Focus Bundle

End this year by doing what you set out to do.

Focusing on what's important to you means
less stress & more happiness.

Here's how to get the most from your bundle:

- Do one thing at a time.
- Eliminate distractions. Put your phone on silent and remove email alerts.
- Use the monthly goal printable to break bigger tasks into smaller actions.
- Don't overestimate what you can achieve in a day.
- Don't underestimate what you can achieve in a year.
- If something new comes up, write your new task on your notes page then keep going. Prioritise the new task later.
- End your day by completing the daily planner for the following day. You'll start your day clear and focused on what's important.
- Achieve more by focusing on less. Invest your energy wisely and accept that some things will not get done by you.
- Focus on the system, not the outcome. Each tick on your tracker is another practical step closer to your goals. Each tick is a success.

My top 3 goals

Year

1

2

3

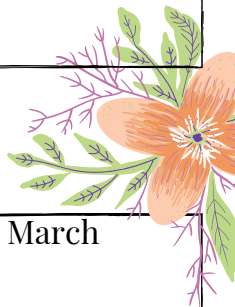
These goals are important to me because

My year

at a glance

Year

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January

February

March

April

May

June

July

August

September

October

November

December

Monthly Planner

Month

The ONE goal I will achieve this month

What has gone well this month

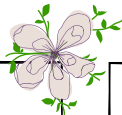
Why this is important to me

THREE actions I can take now to help achieve this goal

1

2

3



What needs focus next month



Weekly Planner

Top Goals

Monday

Friday

Tuesday

Saturday

Wednesday

Sunday

Thursday

Notes:



Daily Planner

M T W T F S S



My top 3 for today

- 1.
- 2.
- 3.

Bonus tasks

- | | |
|----|----|
| 1. | 3. |
| 2. | 4. |

Reminders

For tomorrow

Habit Tracker

Month

--

My habits

1.

4.

2.

5.

3.

6.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Achieve more by focusing on less

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Habits Review

Week

--

My habits

1.

4.

2.

5.

3.

6.

What's working

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What I can do more of

--

What's not working



What I need to do differently

--

--

Yearly Review

Year

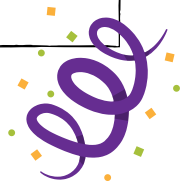
What I've achieved

What I've learned

My focus for next year

Do more

Do less



My Notes

