



Acknowledging the Gravitational Pull of Distraction

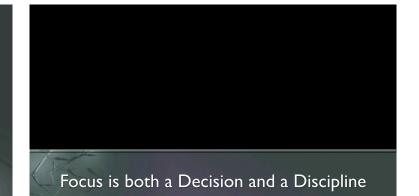
Identifying Your Fatal Distractions

Developing Noise Canceling Habits

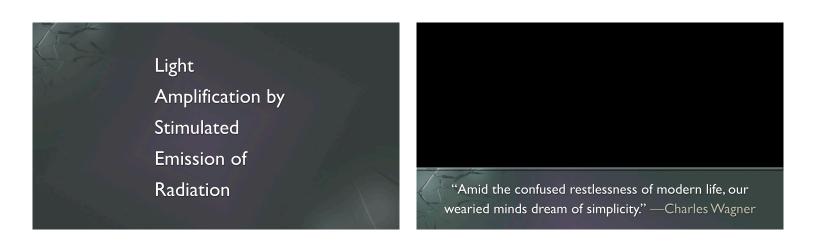
Discovering the Force of a Focused Life

25Let your eyes look directly forward, and your gaze be straight before you.
 26Ponder the path of your feet; then all your ways will be sure.
 27Do not swerve to the right or to the left; turn your foot away from evil.
 —Proverbs 4:25–27

³Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus.—Philippians 3:13-14









"Even if we hate saying no, we must understand that every yes inherently contains a no." —Michael Hyatt

The best defense is a good offense.

So teach us to number our days that we may get a heart of wisdom.—Psalm 90:12

Focus enables me to Plan without Presumption

¹³Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"— 14yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.

¹⁵Instead you ought to say, "If the Lord wills, we will live and do this or that."16As it is, you boast in your arrogance. All such boasting is evil. ¹⁷So whoever knows the right thing to do and fails to do it, for him it is sin.

—|ames 4:13-17