



Welcome to “Focus on What YOU Can Control” a course to help you shift your focus to the important things in life, and stop all the unnecessary worrying that slows us down and keeps us from reaching our goals! This workbook will be your companion as you work through the modules in this course. Use it to make notes, jot down reminders, and keep track of your “aha” moments as you progress through the steps out of worry and into success! There is no “right way” to use the workbook; it’s just another tool for you. I’ve designed this course to help you achieve real success in your life, whether you are looking to make a change in your business, your family life, your health, or all of the above.

We will start each section by raising our awareness-if you don’t acknowledge and understand the resistance in your life, you can’t take the steps to change it. So, we will begin with awareness and then take the ACTION necessary to effect change! Let’s get started with our goals.

Goals for the course:

Distinguish between THE world and YOUR World!

Your Time

Your Circle

Your Health

Your Self-Talk

Your Gratitude

Your Level of Activity

Your Professional Development

Your Belief

Quick links to book  
resources:

[Reading list](#)

[The War of Art](#)

[The Compound Effect](#)

What are your goals for this course? List some of the reasons that led you to purchase this course and what you hope to learn as you progress through **Focus on What You Can Control**.