**BUILDING & MAINTAINING FOCUS IN LIFE**

1) WRITEAMISSIONSTATEMENTFORYOULIFE- What is the purpose of your life?......Why do you exist?.....What are the non-negotiable outcomes of your life?......What do you want your life to look like when your 65?

2) VALUES - What are the values you most want God to develop in your life?

3) GOALS - What are the things you can measure in the next 10 years to see questions 1 & 2 fulfilled?

**PERSONAL ASSESSMENT**: Take time to note your **limitations** and set **goals**.

PHYSICAL - Your body's limitations and optimal schedule. Sleep, diet, exercise.

EMOTIONAL - Your interaction with people.

SPIRITUAL - Silence, solitude, quietness and other disciplines you find most beneficial.

INTELLECTUAL - How you grow the cognitive & academic side of your life.