

Focus

What should you focus on?

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What can you control?

●○○○

Where should you put your energy?

○○○○

Punch-lines

○○○○○

What can you not control?

Give five examples of something you cannot control

What can you control?

○●○○

Where should you put your energy?

○○○○

Punch-lines

○○○○○

What can you influence?

Give five examples of something you can influence but not fully control

What can you control?

○○●○

Where should you put your energy?

○○○○

Punch-lines

○○○○○

What can you control?

Give five examples of something you can fully control

Three categories of control

Category 1

What you
can control

Category 0.5

What you
can influence

Category 0

What you
cannot control

What can you control?
○○○○

Where should you put your energy?
●○○○

Punch-lines
○○○○○

A struggling life

What can you control?
○○○○

Where should you put your energy?
●○○○

Punch-lines
○○○○○

A struggling life



What can you control?
○○○○

Where should you put your energy?
○●○○

Punch-lines
○○○○○

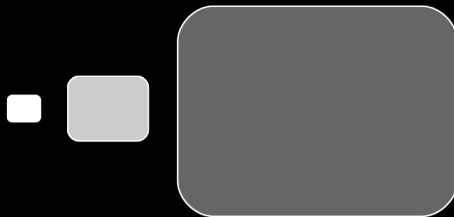
An interesting life

What can you control?
○○○○

Where should you put your energy?
○●○○

Punch-lines
○○○○○

An interesting life



What can you control?
○○○○

Where should you put your energy?
○○●○

Punch-lines
○○○○○

An example of excellent focus

What can you control?
○○○○

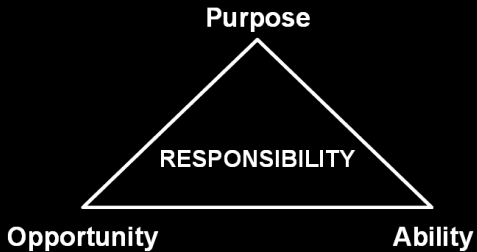
Where should you put your energy?
○○●○

Punch-lines
○○○○○

An example of excellent focus



Take responsibility for yourself and what you influence



What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
●○○○○

Focus: Priority

Focus: Priority

- Control yourself where it matters

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 - Clarify your purpose (what do you want?)

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 - Create & grab opportunities (what playingfield do you want?)

Focus: Priority

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 - Work on your abilities (how good do you want to be?)
 - Create & grab opportunities (what playingfield do you want?)
- Influence the right situations and people in a positive way

Focus: Priority

- Control yourself where it matters
 - Clarify your purpose (what do you want?)
 - Work on your abilities (how good do you want to be?)
 - Create & grab opportunities (what playingfield do you want?)
- Influence the right situations and people in a positive way
- Realize what you cannot control and say "fuck it"

What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
○●○○○

What other people think of you...

What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
○●○○○

What other people think of you...

...is none of your business

What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
○○●○○

It's never *that* serious

What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
○○●○○

It's never *that* serious

It's only a game

What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
○○○●○

The moral of this presentation:

The moral of this presentation:

Do what works

The moral of this presentation:

Do what works

Don't do what doesn't work

What can you control?
○○○○

Where should you put your energy?
○○○○

Punch-lines
○○○○●

More...

...here: <http://a-circle.no>