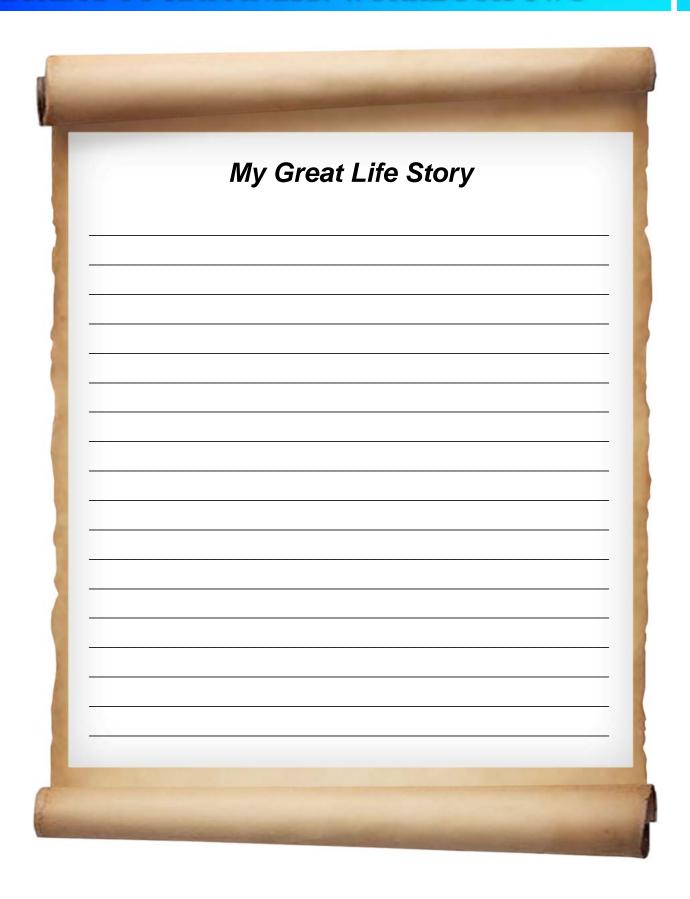
The area I choose to focus on is:				
What I don't want:	What I do want:	Why I want it		



5 things I am grateful for today	
☐ The Habit of Consistent Focus	
5 things I am grateful for today	
☐ The Habit of Consistent Focus	
5 things I am grateful for today	
☐ The Habit of Consistent Focus	

4

5 things I am grateful for today	
☐ The Habit of Consistent Focus	
5 things I am grateful for today	
☐ The Habit of Consistent Focus	
5 things I am grateful for today	
☐ The Habit of Consistent Focus	

5 things I am grateful for today							
The Habit of	of Consistent Foo	cus					