

Ready, Set, Focus

Distractions are everywhere, but building focus is possible by setting small intentions each day. Whether you're trying to knock out a project at work or focus on a movie, being intentional about your priorities will help you find success.

Challenges

- ☐ Put your phone on 'Do not Disturb' mode for two hours each day
- ☐ Identify three "must-dos" each day
- ☐ Declutter your work space

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			