



## How to use 'Focus'?

- Make a list of FIVE most important tasks—in order of importance for the next day.
- Never start the next task until you have fully completed the one before it.
- Move unfinished tasks to the next day. Their priority will always be higher than that of the tasks in the new list.



## How to use the 'Goals' card?

- At the start of every month, write down five goals that you would like to achieve.
- 'Goal' card needs to be in the slot behind the 'Task to do' card. Use the Goals to write down the Daily Tasks.



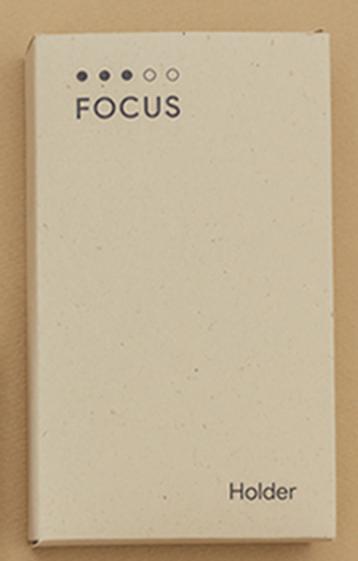


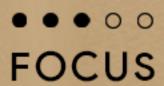




5 Tasks To Do Today







## The Tool box contains:

- o Reclaimed Wood Block
- o Focus Cards for Three Months (90 sheets of Task Cards + 6 Goal Cards)