

song: **Focus On Sight** – Thievery Corporation

week # 1

focus [verb: do it]

- To be concentrated upon

adjust, attract, concentrate, fixate, pinpoint, sharpen, spotlight

“Nothing happens by itself... it all will come your way, once you understand that you have to make it come your way, by your own exertions.” - Ben Stein

You've arrived! A brand new year. Have you determined your New Year's resolution? You'll only need **one** strong commitment to yourself to become a better human than you were yesterday... Get dedicated to you. Be self-ful.

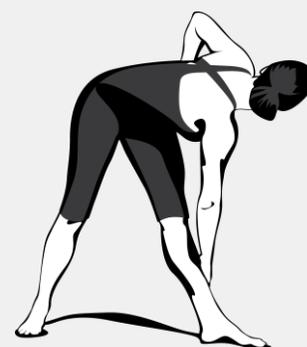
Do you recognize that you have the power to change? You have the freedom to re-create and re-define your reality. You can begin a good habit if you concentrate.

“The eye of the mind, like that of the body, can only extend its view to new objects, by losing sight of those which are now before it.” - Samuel Johnson

There are distractions everywhere... avoid distraction. Fixate upon a solid goal and turn it into reality. Dedicate yourself to your cause.

“The immature mind hops from one thing to another; the mature mind seeks to follow through.” - Harry A. Overstreet

ACTION: You have 5 weeks in January; each week should be dedicated to a micro-goal which will ensure that you achieve your January meso-goal. Each meso-goal will lead you to your annual macro goal. Be sure to enter each goal in your calendar (with reminders to keep you on task). Self-determination comes from within. Get organized, get focused, and know that you can make it happen.



During the Reverse Rotation exercise, your body movements cross 3 planes of motion. Focus on precision, control and balance.

January Color: Caramel

The color for the month of January is Caramel. Use this shade to remind you of necessary stability and responsibility.

- Practical
- Determined
- Builder

January Chakra: Solar Plexus

The Solar Plexus is located about an inch above the navel, just below the sternum. This Chakra is the energy center for our power and will. Our sense of authority, self-control and discipline are centered here.