



# EMPTY NEST INSIGHTS

## FOCUSING ON A GOAL GIVES ME ENERGY TO PUSH THROUGH TOUGH DAYS.



There are many things in life that I am committed to achieving. Maintaining focus on them gives me the resolve to keep working towards them, regardless of how busy life gets.

I have business goals that sometimes feel overwhelming. To prevent myself from giving up, I keep my mind on having more time for myself and the well-deserved feelings of accomplishment and pride. That is enough to get me through periods of doubt and frustration.

**When I remind myself why I am on a path, it makes each step I take a little lighter.** Day to day distractions are everywhere, but my mental focus pushes

them out of the way.

I remind myself why I am here and relive the excitement behind that reason.

My lifetime goal of traveling the world feels more real when I think of it often. Giving thought to the desire reminds me to work towards growing my business and gives me the energy to do so.

Focusing on a goal allows me to take small steps towards achieving it. I set small milestones all geared towards the big win at the end.

**Today, I replace dreaming about the things I desire with making steps towards them.** I am energized with each daily commitment to reaching those targets. Tough days are more manageable when I keep my eye on the prize.

### **Self-Reflection Questions:**

1. What kinds of triggers do I set up around me as reminders of my goals?
2. How do I energize myself when I am feeling weary and frustrated?
3. How does focus on my goals help me to break bad habits?