

FROM THE VAULT: Grounded Present but Future Focused

FOUR TIPS TO LOOK AHEAD WHILE PAUSING TO LOOK AROUND

Put in writing
a description of your
preferred future.

A clearly defined
picture creates **margin**
to look around *and*
stay **focused**.

ONE

Pay attention to your
health now.

Health is a **discipline** for
right now, don't neglect it
by only focusing on
tomorrow.

TWO

Stop long enough to
invest in the important
relationships in your life.

You will **reap what you sow**,
don't attempt to deepen or
repair relationships
in one sitting.

THREE

Ask this question
on a **regular basis**:
"Why am I doing this really?"

This question helps
us **step out of our**
justifications and get to
the heart of the issue.

FOUR