

What to Focus On

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notes about this worksheet

We've all been in that place where we know we need to make a change or ask for help—but we're not sure where to begin. There are so many options that the whole thing feels overwhelming, and we end up spreading ourselves way too thin trying to do everything at once.

I find that when I get to that place, what I really need is to step back and gain a little perspective. And this worksheet is designed to help you do just that.

Take a good look at where you are, figure out what you need right now in this stage of your business, and then *commit to just one or two things*. Rather than trying to take action on several different projects, focus on what would make the biggest impact right now and leave the rest for later.

So here we go! Let's get you more clear about what you want to focus on right now.

WHAT TO FOCUS ON

Where are you now in your business?

What have you created? What has it taken to get you here?

What feels good about where you are? What doesn't?

What would you like to do more of? Less of? What areas would you like to develop? Scale back? What changes would you like to make? What feels like it's working just as it is?

Where do you want to go next?

*In the next month? Year? Five years? Where do you see your business headed? Where do you **not** see your business headed?*

What will it take to make the changes you envision come to life?

What skills will you need to learn? What projects will you need to focus on? There's room below to make a list but also to mind map or draw it out in some other way.

Of all the things you listed, what makes sense to work on or learn or focus your energy on *now*? What's the best first step?

Create a list of steps with each building on the last, and then look at what's at the top of that list, the thing you need to be focused on right now. And then go figure out how to do that thing!
