

Change your **FOCUS**, change your **LIFE**



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Disempowering

Empowering

Focus Switch Questions

Negative



Positive

Where are you projecting negative intent on someone that's just trying to do the best they can with the resources they have?

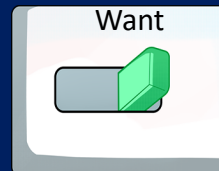
Things Happen to Me



I Make Things Happen

Where are you blaming where you should be taking responsibility?

What I don't want



What I Want

*Where is a focus on what you don't want causing frustration or stress?
What do you want?*

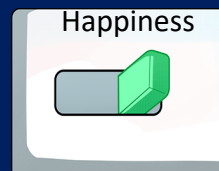
Random



Meaning

What could the purpose be for a hardship you're currently experiencing?

Destination



Journey

*Where are you saying, "I'll be happy when..."?
How can you be happy now?*