



Desire, Focus and Happiness

Week 1 – Planning

Week 2 – Mindset

Week 3 – Education

Week 4 – Systems

Week 5 – Execution

Week 6 – Documentation



Course Map

Day 1 – Faith, Entheos & Meditation

Day 2 – Desire, Focus and Happiness

Day 3 – How We Think

Day 4 – Importance of Purpose

Day 5 – Attitude



Course Map

Here's what we're going to cover

Working yourself into a White Heat of Desire

Focus like Dog to Ball

How to Not Worry & Be Happy

What this can do for you

Endless drive and motivation

Cancel out all the white noise and other distractions

Increase love of your own life and others around you

Working yourself into a White Heat of Desire

Focus like Dog to Ball

How to Not Worry & Be Happy

Working yourself into a White Heat of Desire

Desire

Starting point of all achievement

And it's the first step toward riches or any
worthy Goal,

But how do you make it a White Heat of Desire,
so it **burns** until you get it?

It can't be a mere hope or wish,

It must be a definite & specific **BURNING** desire

A long while ago, a great General faced a
decision to ensure his success on the battlefield

He was about to send his Army into enemy
territory,

They sailed to the enemy shores, unloaded all
equipment off the boats,

And then the General made an Order,

He instructed his men to **burn all the boats**

As the boats went up in flames,

The General spoke in front of the men,

You see these boats burning, there is no other
way, it's victory or death

And,

They won

Think about,

And ask yourself,

What boats are holding you back?

Most people who have some understanding of money and how the financial system works,

Hope and wish for large sums of money

If you hope or wish a large amount of riches
without a strong enough desire,

You won't get it

You must have a **burning** desire for a **specific**
amount

And if you set a reasonable deadline for its
attainment,

And back it by Faith,

You'll likely attain it if you exert enough
energy and have enough persistence

There is another key though, to help
guarantee your greatest Desire

You can visualize and feel like you're already in
possession of it

Our only limitations are the ones we set up
in our own mind

Every adversity brings with it the seed of an
equivalent benefit

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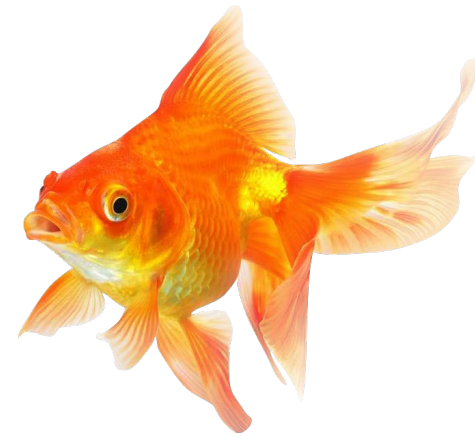
Focus Like Dog to Ball

Average attention span of a human is about
8.25 seconds

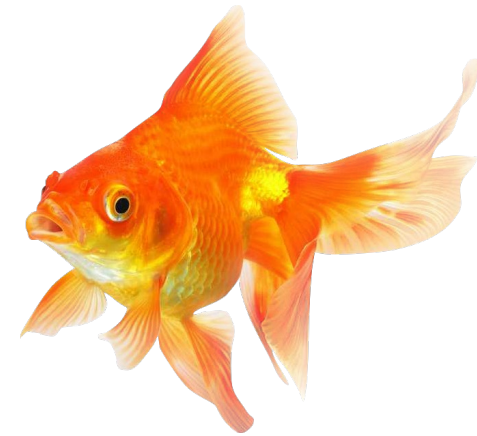
Average attention span of the Goldfish is
about 9 seconds



It's so easy to get distracted in our
World today



It's called Shiny Object Syndrome



This is when someone focuses all their
attention on whatever is new and/or current

Avoid shiny object syndrome at all costs

Human attention spans vary from 2 seconds
to 20 minutes or more

Focus is just like anything else,

You need to practice to get good at it

There are certain tools to increase focus
that are easily searchable

One we talked about before, Meditation

But another is Binural Beats

These are musical beats with two tones

It's a self-help method that can help people
focus and combat anxiety

According to a 2017 article on Healthline.com,

Binaural beats in the lower beta frequencies have been linked to increased concentration and alertness, problem solving, and improved memory.

Also, I like to listen to classical music when I have important tasks to accomplish

Now, let's talk about a dog's focus



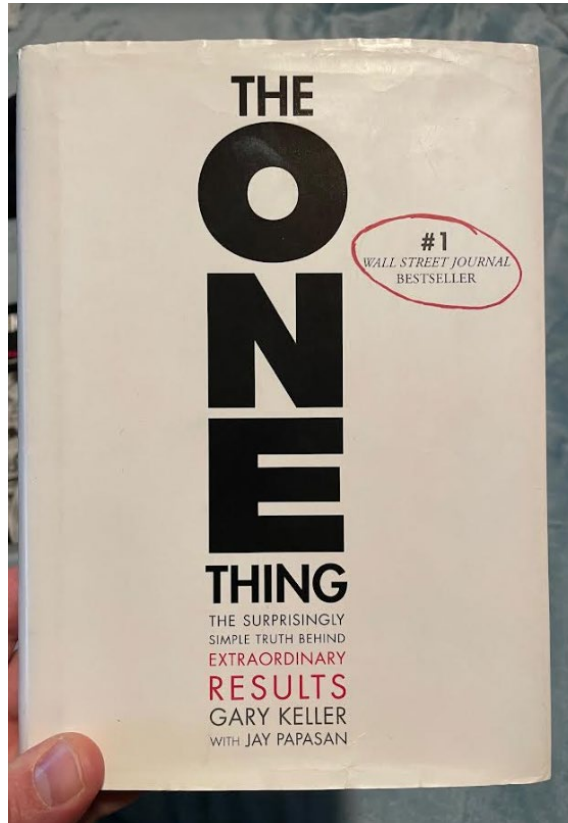
Big Idea

Ancient proverb says,

‘Chase two rabbits and they both escape’



There's a great book out there called
"The ONE thing",



The idea is so simple,

When you focus on just ONE thing,
magic happens

Get laser focused on exactly what it is you want,

And block out everything else,

You'll be surprised as to how fast and easy it is
to accomplish that ONE thing

Another analogy is a nail that pierces into
a rubber car tire,

A car tire can withstand the weight of a car

But when the weight is focused on the
point of a nail,

The nail easily slices through
the rubber



Working yourself into a White Heat of Desire

Focus like Dog to Ball

How to Not Worry & Be Happy

I came across some of John Stuart Mill's work
via Earl Nightingale,

John Stuart Mill was a Member of British
Parliament and a 19th century philosopher

He had a measured IQ of 180 to 200!

He has one of the greatest definitions of
happiness I've seen,

Here is what he said about happiness,

Those only are happy who have their minds fixed on some object other than their own happiness; on the happiness of others, on the improvement of mankind, even on some art or pursuit, followed not as a means, but as itself an ideal end. Aiming thus at something else, they find happiness by the way.

So, that's how to be happy

Recap

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Focus like Dog to Ball

How to Not Worry & Be Happy

Action Item #1

Choose something to focus on for at least 20 minutes and listen to Binaural Beats while doing this task. Can be work or fun related

Binaural Beats

Action Item #2

Watch Tony Robbins video on the three pillars
of focus:

Three Pillars of Focus



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