



Randel Consulting Associates

Leading Organizations through Change and Growth



The Focus Strategy

**A Leader's Guide to Identifying and
Maintaining Their Focus**

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Focus for the _____ Quarter

1. How would my future self approach this quarter?
2. What are the 2-3 most important results or experiences I can create this quarter?
3. What's the one thing I can let go of this quarter, freeing up my time and energy?

Focus for the Month of _____

1. How would my future self approach this month?
2. What are the 2-3 most important results or experiences I can create this month?
3. What's the one thing I can let go of this month, freeing up my time and energy?

Focus for the Week of _____

1. How would my future self approach this week?
2. What are the 2-3 most important results or experiences I can create this week?
3. What's the one thing I can let go of this week, freeing up my time and energy?