



Focus on Today

Our mind operates in 3 different sections
Past, present, future

All we have is today

Take today thru the finish line

If life shows up it is water off a duck

Do the next right thing

What level will you play at today?

What must you accomplish today?

Have a positive mindset today?

Produce today?

Do 1 thing you have been procrastinating on today

Come from kindness today

Bonus Video – 10 of my Best Ideas -

<https://youtube.com/playlist?list=PLEoqKae29gz-v-QLytWjKRaqviTQ6HUh>

Planning Class - <https://planningclass.com/>