

Weekly Takeaway Sheet

Focus, Week 3: 6-15-26

What You Focus On Grows

1. Your Focus Shapes Your Mindset and Emotional Energy

- Your attention influences how you experience your life
- What you repeatedly focus on affects your emotions
- Intentional focus creates a healthier mindset

2. Constant Focus on Stress Increases Stress

- Your brain naturally notices problems first
- Stress grows when it receives all of your attention
- Balance comes from noticing what's working too

3. Focusing on Small Wins Builds Confidence

- Small victories create self-trust
- Progress deserves recognition
- Confidence grows through accumulated wins

4. Attention Is Powerful — Where It Goes, Energy Follows

- Your focus directs your emotional energy
- What receives attention often grows
- Intentional focus helps create a calmer, more confident life

Weekly Reflection

Ask yourself:

"What deserves more of my attention this week, and what deserves less?"

Then give yourself permission to shift your focus accordingly. Small changes in attention often create the biggest changes in how we feel.  