

Takeaway Sheet

Focus, week 4: 6-22-26

Focused Women Build Intentional Lives



1. Focus Isn't About Perfection — It's About Direction

- Progress matters more than perfection
- Knowing your direction creates confidence
- Returning to your priorities is part of the process



2. Intentional Living Creates More Peace and Confidence

- Intentional choices reduce overwhelm
- Living aligned with your values builds self-trust
- Peace comes from focusing on what matters most



3. Boundaries Protect Focus

- Boundaries help protect your time and energy
- Saying no creates space for meaningful yeses
- Self-respect and focus grow together



4. Small, Focused Actions Create Lasting Change Over Time

- Consistency beats intensity
- Small steps create big results over time
- Focused action builds confidence and momentum