



FOCUS Self Assessment

The ability to sustain your FOCUS, or direct your attention towards a goal that you want to achieve, enables you to accomplish consistent results in life. Below are indicators of your ability to have “FOCUS” and, therefore, an indicator of your ability to reach your goals. Give yourself a score of 0-10 and then add your score to see your results. Look below for for your assessment.

Categories:

Your Rating
Not at all = 1 ; Very Much = 10

Goals/Direction:

Do you have **specific** goals set for yourself with respect to your life and your health and wellness for your body, mind and spirit. Do you write your goals down regularly?

1 2 3 4 5 6 7 8 9 10

Outlook/Attitude:

Do you have a positive outlook towards your situation and the path you have set for yourself and the goals you have set with respect to your health and wellness?

1 2 3 4 5 6 7 8 9 10

Commitment:

Have you fully committed to the goals you have set for yourself? Do you find you have a strong resolve to complete activities that will get you closer to your goals?

1 2 3 4 5 6 7 8 9 10

Being Present:

Do you live in the moment, not allowong past traumatic events or stress about the future to prevent you from reaching your goals?

1 2 3 4 5 6 7 8 9 10

Solution Oriented

Do you focus on solutions to your challenges rather than your problems? Do you have a strategy on how you will accomplish the the goals you have set for yourself?

1 2 3 4 5 6 7 8 9 10

Total Score:_____

Results: When you add up your score, if you scored below a 40, it may be that you lack the consistent focus you need to reach your goals or that you haven't been Focusing the Right Way. If you gave yourself a low score then it's time to Re-Focused. Look at each of the categories above and challenge yourself to improve in each area. Set specific time bounded goals for your health and wellness. Enhance your outlook towards your life and your goals. Commit or make an “agreement” with yourself that your will do what's necessary to move forward. Live in the moment, and let go of past traumatic events that are holding you back. And then work on a strategic plan that will progress you forward towards you goal.

