

## Working with ULTIMATE Focus

Know:

- What makes you feel great
- When you're at your best through the day
- When you're at your limit
- What you need to recharge

Reading recommendation: [Your Oxygen Mask First](#)

Once you know these things, you can start implementing new habits and patterns in your life that feed you.

What makes you feel great? Name what it is, how much you need, and how often you need it.

- Sleeping ~7.5 hours a night, no more than 8?
- Eating healthy with the occasional junk food binge?
- Going for a short walk every day?
- A few hours of hobbies weekly?
- Family time?

List yours here:

What time of day are you sharpest of mind? Are you most on top of your game early in the morning? Late at night? All through the day?

What makes you feel like you're at your limit? This is a lot trickier, as it depends often on a lot of other factors. But, the more you know what puts you at your limit, the more you can head off the problems before you get there.

Example: I hit my limits when my house is a mess, we have to travel out of town, we don't have time to food prep, etc. I know this, so when we have to travel for family events, I make sure I have the food prepped before, and my husband and I divide and conquer more creatively for household chores.

Write a list of things that make you feel recharged. You want more than one thing in your arsenal here just in case something can't happen. For example, if you're like me and love hiking in nature. But, your schedule is just too busy, what else could you do before losing your mind?

How often do you need to recharge? We are all different, so be honest. List how often for

- normal weeks
- stressful weeks
- holiday weeks
- crazy weeks

List it out!

Knowing these things can help you structure your schedule so you can create the best environment for you to focus in.