




FOCUS, DISCIPLINE & WISDOM

# 3 PRINCIPLES




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- FOCUS
  - DISCIPLINE
  - WISDOM
  - COMMITMENT PLEDGE
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# FOCUS

- Zooming in on your dreams & goals.
  - Seeking & gaining knowledge (content, skills, etc.).
  - Practising your new skills.
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# DISCIPLINE

- This involves daily tasks.
  - Incremental changes.
  - Acknowledging weaknesses and doing what helps for you.
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# WISDOM

- Developing the wisdoms to retain the good.
- To discard the bad and avoid the destructive wherever possible.
- To be flexible.



# COMMITMENT PLEDGE

- I hereby pledge to put myself first through focus, discipline and wisdom!
- If I backslide I will get back on track asap!
- I will rest when I need to and do the things I love that enhance my personal (non professional) life!



Signed.....