



**FOCUS** - a state or condition permitting clear perception or understanding; something to which one can direct attention; a point of convergence; concentrated effort or attention (direction, aim, centrality, concentration).

**In crisis, it is common to feel disoriented amidst the chaos. Setting priorities helps, but focus is a specific quality of attention, clarity, and clear-headedness. It's not about managing details but being mindful about what matters most.**

### QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of focus.
- What does it mean to be focused during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied focus?
- How can focus guide your decision-making?
- Who or what does this priority serve and how does it help?
- Imagine yourself in a situation where you are being focused. What does that feel/sound/look like?

### INDIVIDUAL CONSIDERATIONS

Focus helps us pay attention to emotions like fear, acknowledge suffering, and stay on track. Focused people identify distractions and destructive patterns of behavior. They sift through information and tune down that which is not necessary.

### LEADERSHIP CONSIDERATIONS

Focus cannot be tied to desired outcomes, which are uncertain in crisis. Focused leaders use timelines, decision trees, and structure to stay on track. They avoid traps like perfectionism and seek stability.

### EXPLORING FOCUS

Sit outside and focus your attention on what you hear in nature.

Use "focus" as a mantra while you work out, doing dishes, or in the shower.

Sit in a chair, feet on the floor. Focus on your breath in and out.