



Focus Forward 50

When life gets in the way we tend to focus on what's not working or what's missing in our professional and personal life. This exercise is designed to keep you moving forward in the direction of what you truly desire by focusing forward instead of replaying the unwanted.

Focus Forward 50 are the fifty things that you desire for your life.

This exercise is designed to shift your energy to positive expectancy whenever you are feeling stuck or find yourself emotionally tied to your story.

Think of driving a car. You get in your lane and stay there. Although you may glance in the rear view mirror, you can only reach your destination by focusing on what is ahead of you. This exercise allows you to pre-pave what's ahead of you.

Let's get started listing the 50 things you desire for your career, your relationships, your family, your feelings and emotions, your energy, your personal growth, your spiritual growth, your finances, your health, all areas of your life.

Using the present tense express your deepest desires.



NurturingMDs

Nurturing docs and the teams that support them

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NurturingMDs

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THANK YOU! THANK YOU! THANK YOU!