

## LEADERSHIP

### 1-Page Tool

## Executive BrainSmarts™ – Focus

Our Definition

**FOCUS:** to control one's attention and thoughts then actions to align with goals

A person who illustrates excellence in this **Executive BrainSmart**

**Hilary Swank** [Lorie's choice]   **The Dalai Lama** [Rick's choice]

Name one person who possesses [or possessed] the ability to **FOCUS**

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Describe that person's **FOCUSING Strength**

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Executive BrainSmarts is a trademark of Lorie Saxby Ph.D. & Phyllis Hiebert M.B.A.  
Source: 'Secrets from the Brain – Sharpen Your Thinking, Power Your Performance'

For More Information

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