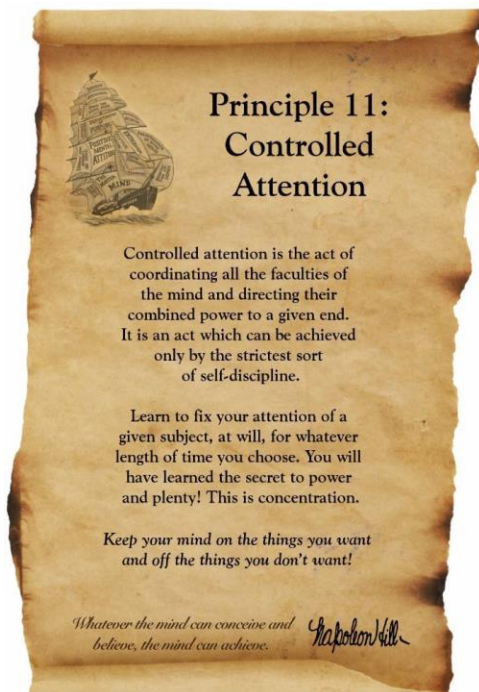


Lesson 11 – Controlled Attention

Pat yourself on the back

Today is a great day!



Concentration - the action or power of focusing one's attention or mental effort.

The energy of a flashlight, when focused, becomes a laser that can cut steel.

Focus on Revenue Producing Activities

Weight Loss Goal – increase commitment

Billy Mills

Bonus Video – Controlled Attention

<https://youtu.be/azclHxoKVXY?si=qh5YIroYkfF9deAR>

Launching my new mastermind this Thursday at 6 pm pacific.

<https://ericlofholm.lpages.co/mastermind-preview/>