

STAYING LASER-FOCUSED SELF-ASSESSMENT

Have you locked in on your aspiration with a laser focus? Take the Heart Check to find out just how much intensity your focus really contains.

Scale

- | | | | |
|---|-------|-------------------|--|
| 5 | ♥♥♥♥♥ | Strongly agree | That's really, really true about me. |
| 4 | ♥♥♥♥ | Agree | That would be me. |
| 3 | ♥♥♥ | Somewhat agree | 50/50 sometimes, sometimes not. |
| 2 | ♥♥ | Disagree | That absolutely has nothing to do with me. |
| 1 | ♥ | Strongly disagree | Let me take the fifth on this. |

What's Your Pulse Rate?

6.5 Questions Measuring How You Stay Laser-Focused

- 1. I find myself occupied by multiple focuses that are related to each other and lead to a common goal.
- 2. It seems like I am constantly focusing on what it takes to succeed.
- 3. It is nearly impossible to persuade me to take my eyes off the prize.
- 4. I tend to focus on long-range goals and aspirations rather than mundane, trivial, and/or short-term concerns.
- 5. The people closest to me are aware of my focus on my aspirations.
- 6. I find that my focus is rarely blurred.
- 6.5 I avoid people and things that distract me.

- Total

Now that you've taken the test, let's analyze your score:

Scores

- **7–13:** Your focus is scattered. You allow yourself to be completely distracted from your goals and aspirations by petty and meaningless things, and probably haven't identified a primary aspiration. You will have virtually no chance of achieving true success in life until you buckle down and force yourself to focus on something concrete, meaningful, and long term.
- **14–20:** Your focus is unsteady. You may have identified a legitimate aspiration and are making some effort to achieve it, but you are too easily distracted to make much headway.
- **21–26:** Your focus is steady but dim. Your aspiration is in sight and in mind, but at a distance. Your focus is there, but not strong enough to make your aspiration a reality.
- **27–33:** Your focus is steady and clear. You think long term and consider your aspiration before making any major decision. But something is still missing—maybe your loved ones don't really know about your aspiration or you would be willing to change your path if the “right offer” came along.
- **34–35:** Your focus is laser-sharp. Excepting family and health, your aspiration is the single most important thing in your life. You are always working toward your aspiration in everything you do and you ignore or eliminate any distractions or temptations that pull you away from it.