



69th Annual Conference

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Creating Optimal Focus
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What do you *really* want?

Personal Transformation – An _____ shift that brings us into alignment with our highest potential.

My Goal	What am I doing instead?	What am I worried about?	What am I assuming?
		I am also committed to:	

Challenge our Assumptions: Experiment with new behaviors to overcome the internal assumptions that are not serving us now.

- Experiment with tests – Try something new and examine the results – do they validate or give evidence against my assumptions?

Values/Big Rocks:

Boundaries:

Delegation:

80%:

Mindfulness:

“What you focus on starts to show up more in your life. What you think about expands. What you look for, you find. Before you go to bed, focus on a success of the day. By focusing on success, you start to see more and more of it.” - Jon Gordon

Determine what you really want

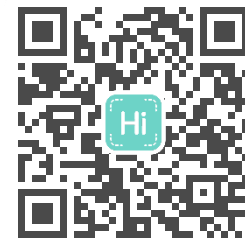
Uncover your personal immunity to change*

Experiment with new behaviors to remove your internal roadblocks

Mindfully pause to allow space for your brain to focus

Pay it forward!

*Immunity to Change – Robert Keegan & Lisa Lahey



Connect and schedule a free 30 min coaching session!