

## **Sean Mize 60 Day Coaching**

### **Day 34**

#### **How To Eliminate Distractions And Focus Relentlessly**

**Audio Length: 51 Minutes**

Sean wants you to be able to eradicate what's holding you back in business.

Sean wants to isolate the difference between daily distractions from not knowing what to do.

We tend to be linear and logical in our western culture. This can put us in a box, but success is complete.

Think about the linear perspective.

You need to have a blueprint (where you're going) and you need to know how to do everything in your business.

You also need to keep away from distraction.

Picture all of the distractions you might come across on a road trip. If you stop off at every distraction, you'll never reach your destination. These distractions take you off plan, even if you have a roadmap.

Consider how much time you'll need to spend on your business every day. Sean notes again that you should be creating content for at least 30 minutes per day.

Over the last year, how many hours do you think you worked per day? Consider how much you actually accomplished over the past year.

Is there a gap between the time you put in and the results you got? If the answer is no, where did the time go?

If you didn't accomplish your goals, were the distractions worth it when you compare things to if you'd followed through on your goals every day.

What's holding you back? Is it worth this distraction? Is what you did as good as what you wanted to do? Probably not.

**You'll be stuck in the same place if:**

If you don't make a change, if you continue allowing distractions to rule you, you'll be stuck in the same place.

If you don't know your blueprint, you need to figure it. It also means you have to learn how to do the steps.

You want to learn how to do it from someone who's done it exactly how you want to do it.

The only thing that's going to change it is action.

Imagine: when you open up your email inbox at the start of the day, you're stuck there in a loop. You continue and continue through your email box. It's constantly refilling and is a huge time suck.

Is the time you're spending on email worth the negative result?

This is your decision... but you really have to decide if the distraction of email is really worth it.

But, you should feel the pain from knowing that you didn't accomplish your goals.

### **You'll Never Have These Minutes Again**

Would your 45 minutes wasting time on email be spent on creating content? Would your time be better spent offer coaching?

You'll never be able to recover that time you wasted.

You'll never recover the next 10 minutes. So, what are you going to do with your time?

The same holds true with special time with your family. If you're wasting your time during the day and ending up in a panic and working all night... you'll never have that time with your family again. What's really important to you?

### **Email and Distractions Are Robbing Your Life And Your Work**

Is the next hour stuck in email really worth it? Email, and other distractions are robbing your work and your life.

Make a decision that each day you'll spend just 20 minutes a day in email or no more. Sean notes that he has a hard time sticking to this if he checks his email in the morning.

This next piece is really difficult to manage.

Do email for only 20 minutes around the day. Or, you can add in specific time in the middle of the day.

This takes discipline. The things that are worth doing in life take discipline.

It's really easy to just say, "it's just 45 minutes." But, that wasted time adds up and robs you of what you really want.

### **How Anger And Frustration Impact You**

Consider how anger and frustration affect you. You can't be angry, frustrated, or creative at the same time, you need to reset things. Reset your mindset. Step away from things and return to it later.

Sean notes that his anger and frustration levels directly impact how successful he is. He works on these issues all the time.

Take the time to work on your anger, frustration, and energy cycles.

You'll be amazed at how much progress you'll be able to make because you'll be able to handle the feelings and distractions that would otherwise sabotage your business.