

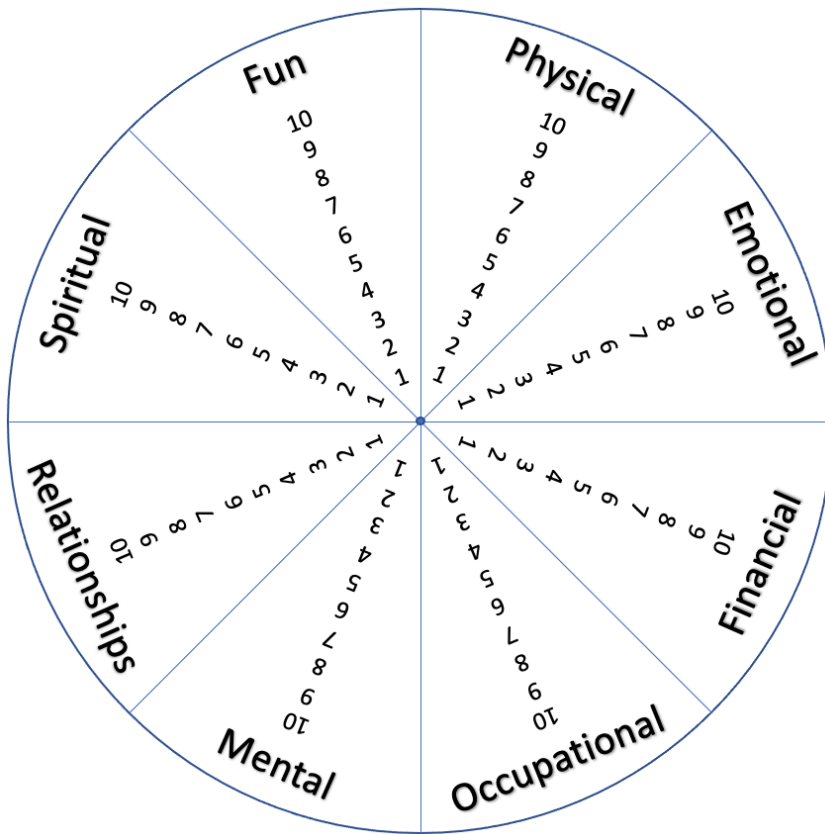
2023 TZD Regional Workshops

“Focusing on What Matters” – Amber Peterson from Peterson & Perme Associates

Instructions:

Before we start our session:

1. Rate your focus in each of the areas on the wheel over the last two weeks – draw a line across your number and shade in below it (see example up on the presentation)
2. Consider where your focus **would have ideally been** in each of these areas over the last two weeks



Wellness Domains:

Physical – health, fitness, and physical energy

Emotional – connection to feelings, stability, and handling stress

Financial – meeting current needs and planning for the future

Occupational – satisfaction with career/work and work/life balance

Mental – concentration and continued learning

Relationships – family, friends, colleagues, and community

Spiritual – purpose and meaning

Fun – enjoyment in hobbies or fulfilling activities, play, and celebration

Rating – 1 (Low Focus) to 10 (High Focus)

Suggested Resources:

- www.tonyrobbins.com/blog/
- www.edmylett.com/podcasts/

Suggested Books:

- *Prosilience* by Dr. Linda Hoopes
- *Atomic Habits* by James Clear
- *High Performance Habits* by Brendon Burchard
- *Raise Your Game* by Alan Stein
- *Mindset* by Carol Dweck
- *Dare to Lead* by Brené Brown

[Questions? Comments?](#)

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