



Our Guest this week:

“Mindfulness to me is the ability to take my focus back and focus on what I choose to focus on...”

Eric Holsapple

Living in the gap



MINDSET

- We are here for happiness not for business
- Find the activities that get you into a state of flow.
- The purpose in business should be the same as in life.
- Practice Gratitude
- Understand your life priorities and align your actions with them.



ACTIONS

- You don't have to swing at all the pitches
- Obsess over the process, be patient and focused.
- Be aware of your habits
- Understand which ones are helping and which are not.
- Build your habits a little bit at a time
- Develop new routines and strong affirmations

“I find that woowoo to be all of our distractions, all the things that make us lose focus of what really matters...”