

COMMUNITY ON MISSION COACHING

THE FOCUS TRAP

INTRODUCTION

Welcome to a new theme for our Communities on Mission ongoing coaching. In the next months, we want to look, reflect, and discuss spiritual and mental traps that are holding us back, when it comes to launching and multiplying Communities on Mission.

These traps can be like an invisible force that just does not let us move forward. Sometimes just identifying and calling them out by name can make a real difference. Other times we really need to dig deeper and reflect on how we can overcome them.

This month we want to overcome is the FOCUS trap.

STEP #1



Reflect on these quotes

“The sun is a powerful source of energy. Every hour the sun washes the earth with billions of kilowatts of energy. Yet with a hat and some sunscreen, you can bathe in the light of the sun for hours at a time with few ill effects. A laser is a weak source of energy. A laser takes a few acts of energy and focuses them in a coherent stream of light. but with a laser, you can drill a hole in a diamond or wipe out cancer.” - Al Ries, Focus: The Future of Your Company Depends on It.

“Be like a stamp—stick to one thing until you get there.” - Josh Billings

What insights do you have?

STEP #2



Watch the Video

STEP #3:



Answer reflection questions

REFLECTION-QUESTION #1:

How focused are you when it comes to launching and multiplying Communities on Mission?

1 2 3 4 5 6 7 8 9 10

REFLECTION-QUESTION #2:

What things do you need to say “no” to in order to focus on launching and multiplying Communities on Mission?

STEP #4



Post in Coaching Group

1. Post at least one of your reflection questions in the hub in your coaching group.
2. Reply to at least one of your colleague's posts.

STEP #5



Fill out your Priority Report

1. Review last month's main focus.
2. Review last month's action steps.
3. Write down a main focus for next month
4. Write down action steps for next month.

ADDITIONAL QUESTION:

If you have overcome traps that slowed your launch progress what practices helped you move forward?
