

How to Apply the Great Secret of Having FOCUS in Life

My life's greatest secret: I don't work *hard*, I work *focused*.

(But don't tell anyone.)

By introducing the simple power of a 90-day goal I am doing double duty with two current series. First, we are continuing to review the [7 Essential Life Design Skills](#) that I launched for the New Year. Second, I am encouraging folks to join me in a 90-day adventure of sorts by writing down [100 Life Dreams by this Easter](#). So I am inviting you to think about it and act on it in the same post!

Let's cover the 7 Essential Life Skills idea first: The 90-day goal is at the heart of Essential Life Design Skill #6, ***Achieve Your Next Goal: bring laser focus to the most important next step in your life, over and over again.*** Today I want to introduce you to this essential skill with the first-ever excerpt from the forthcoming book, *Younique*.

You may have noticed that I released a new book last month called *Clarity Spiral: The 4 Break-Thru Practices to Find the One Thing You're Called to Do*. *Clarity Spiral* is about the first essential life design skill for how to ***Engage Your Vocational Vision***. It is a prerelease to the much bigger book *Younique* which will cover *all* of the life design skills. If you haven't checked it out yet, the book is FREE as a downloadable PDF. (It is also now available [to buy as paperback version](#))

Now if you have been following along with the #LifeDesignWithMe project (started 14 days ago) you already know that the 90-day window of life is very important to me. Over five years ago, when I put the toolbox together that is now the [Younique Experience](#), a personal calling and life planning system for followers of Christ, one bedrock tool is the utilization of the 90-day season of success. Everything we do at [Younique](#) is built around ***a lifetime march in 90-day increments.***

That's why I am in Aspen for 90-days fulfilling one of my most dramatic bucket list goals—***to snowboard 50 days in one season.*** That's the fun and playful part of the next 90 days for me, but its not the only part (I'll post more on that later.) The point is that I want you to not only start thinking about 90-days, but to join me in accomplishing a 90-day goal for yourself: To write down your own Life Dreams List with 100 well-developed, take-it-serious life dreams before this Easter.

Come on and let's do this together! #100Dreams

Now back to the excerpt from my forthcoming book: ***Younique, Designing the Life God Dreamed for You.***

There is something about a 90-day period—approximately one quarter of a year—that is entwined deeply with the operating system of human beings. Ninety days is roughly the

length of a season in temperate climates. It is about the length of a school semester and the span of the business quarter.

Ninety days also has the intriguing characteristic of being just out of reach. It is far enough away from the here-and-now to imply a substantial journey but close enough that we can cross it with a solid burst. It is enough time for an individual to accomplish something truly significant. You would not believe what people can achieve in three months.

Top Nine Big Accomplishments in 90 Days

1.

A Moscow architectural firm will build you an environmentally friendly, 1,300-square-foot home within 90 days of order.

2.

Boot camp makes a recruit into a Marine in just under 90 days.

3.

Thru-hikers walk the Pacific Northwest Trail from the Continental Divide to the Pacific Ocean within 90 days.

4.

A human baby in utero is fully formed and can open and close its hands and mouth by 90 days after its conception.

5.

Blogger Maneesh Sethi developed and lived out a plan to become fluent in a new language (in his case, Italian) in 90 days.

6.

*John Steinbeck wrote the first draft of *The Grapes of Wrath* in 90 days in 1938.*

7.

In 2004-05, Frenchman Vincent Riou became the first to sail around the world in a monohull vessel, solo, in under 90 days.

8.

On July 8, 1914, the Boston Braves baseball club had a record of 29-40, dead last in the National League. Over the next 90 days they won a whopping 74% of their games to win the league pennant and eventually a World Series championship.

9.

Mozart composed two piano trios; a violin sonata; two piano sonatas, including his most famous; his last three symphonies, arguably his greatest; and three other pieces of music in 90 days in 1788.