

## 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.*