**Focusing on the Process and not the result**:

**Why?** We want results, immediately. We focus more time on what may be, and not what it takes to get there.

**Process focused results**-meaning we focus too much on what we are doing wrong and how it will effect the process.

**What does focusing on the process mean**? It means we are fully engaged in the task at hand.

When we focus on the process, it makes it easier to find things we can improve upon, as opposed to getting frustrated.

The process is fun, at the very least grows other aspects of ones life.

A focus on the process helps you stick to your goals.

When do we focus on the process, and when do we focus on results?

1. Planning phase 75/25 process/result
2. Action and execution 100% process
3. Review 75/25 result/process

How?

1. Plan goals
2. Choose Love
3. No judgement, meaning not good, not bad