

MATTHEW L. BROWN



THE FOCUS FIGHT

DISTINCTION DRILL

A reflection from the
"Becoming Distinctly You" Workbook

A top-down view of a wooden desk. On the left, a portion of a silver laptop keyboard is visible. To the right, a person's arm and hand are shown writing in a white, lined notebook with a silver pen. The background is a light-colored wood grain.

Will you accept the challenge to change?

Setting aside time for reflection and direction can be difficult, but proves to be life-changing.

Distinction Drills are designed to bring strategy to your self-leadership – helping you move from thought to action without losing your values.

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INTRO

Every day brings a flood of demands—emails, conversations, notifications, responsibilities—each one pulling for a piece of your attention. Focus is rarely stolen all at once; it leaks away in small moments until you realize you’ve been busy but not productive, present but not aligned.

Focus isn’t just about working harder—it’s about choosing with clarity. When you name what matters, you can silence the noise, redirect your energy, and reclaim your power.

The real fight isn’t for your time—it’s for your focus.



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CLARIFY YOUR GOALS

Before you step into the focus fight, name your priorities clearly.

Complete the prompts below with clarity and honesty.

What are the top two areas of life that need your focused attention right now?

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| _____ | _____ |

Why do these matter in this season?

_____	_____
_____	_____
_____	_____

What are the next two areas of life that need your focused attention?

- | | |
|----------|----------|
| 3. _____ | 4. _____ |
| _____ | _____ |

Why do these matter in this season?

_____	_____
_____	_____
_____	_____

What would shift if these received your best energy and clarity?

WHAT TO UNDERSTAND ABOUT FOCUS & DISTRACTIONS

1. Focus Requires Boundaries

Without boundaries, focus becomes scattered. Life will always present more opportunities, messages, and responsibilities than you can manage at once. Boundaries protect what matters most by creating clear lines between where your attention belongs and where it doesn't. Saying "yes" without discretion may feel generous, but it leaves you exhausted and divided. Learning to guard your time and energy is not selfish—it's stewardship of your purpose.

2. Not Everything Deserves Energy

Urgency and importance are not the same thing. Some things scream the loudest but bear the smallest return. Constant busyness can trick you into believing you're being effective, when in reality you're just spinning. Real distinction comes when you step back and name what truly deserves your effort. As Stephen Covey noted in his Time Management Matrix, the greatest leaders prioritize Quadrant II: important but not urgent—the space where lasting impact is built.

3. Focus Builds Momentum

Momentum is never an accident—it is the result of repeated, aligned attention. Small choices add up, and even one hour of focused work can carry more impact than an entire day of distraction. Each time you choose focus, you're compounding progress toward something larger than the moment. Research on "deep work" (Cal Newport, 2016) shows that progress comes not from multitasking, but from periods of uninterrupted focus—the very discipline that multiplies momentum and mastery.

QUESTIONS TO CONSIDER:

Where am I giving energy that doesn't match my values?

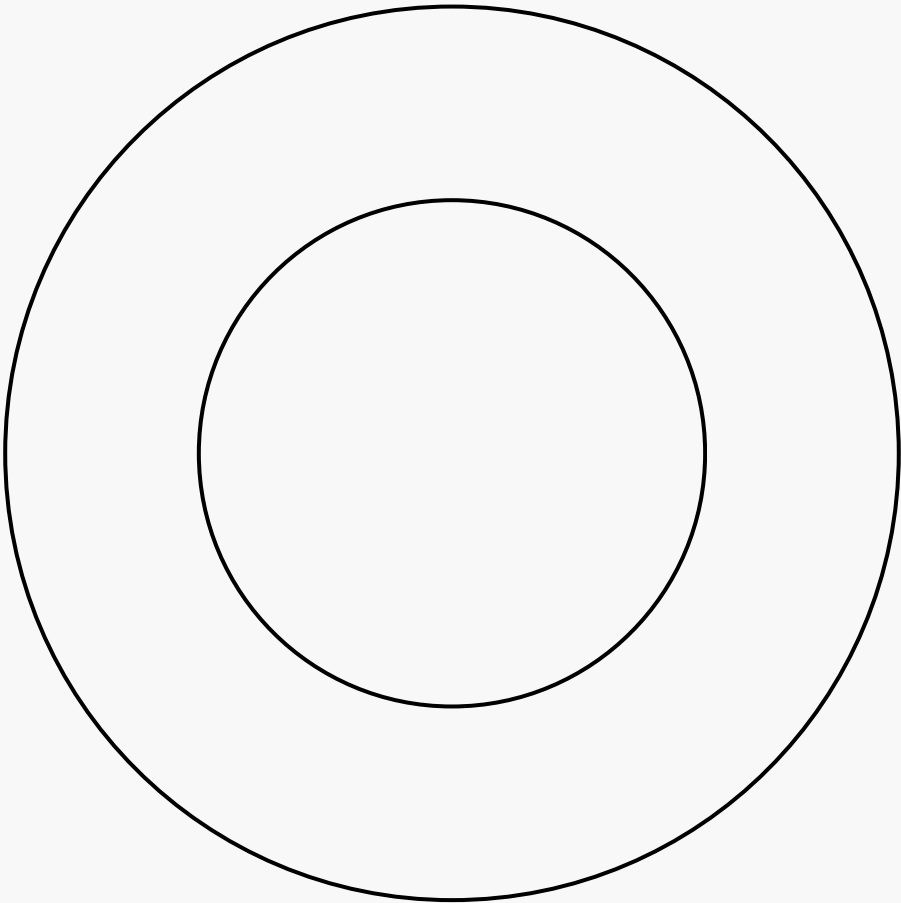
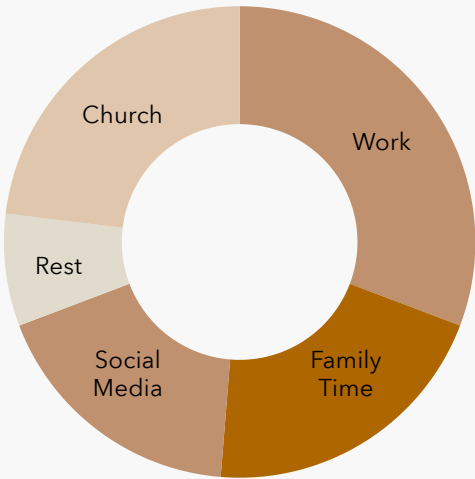
What boundary do I need to create to protect my focus?

FOCUS AUDIT EXERCISE

Mark the donut to show how your attention was divided this week
(work, family, projects, church, distractions, rest, etc.)

Use as many or as few
sections as needed.

Donut Chart Example:



For each section, write the name below and briefly describe why it took
that amount of your focus.

”

For where your
treasure is, there your
heart will be also.

MATTHEW 6:21

GUIDED REFLECTION

Take a moment with each question to deepen your focus insight.

What is one distraction I keep returning to, even though it adds no value?

What priority keeps getting postponed because of divided attention?

What would it look like to reclaim one hour this week for what matters most?

Use the columns below to capture what you're letting go of and choosing instead.

What I'm releasing

Ex. Doom scrolling before bed

What I'm choosing

Reading or journaling before bed

MY FIGHT PLAN

Choose two focus areas that deserves your best attention this week,
complete the prompt for each area.

The priority I will fight for is: _____

The distraction I will release is: _____

A boundary I will set to protect my focus: _____

What success will look like by the end of the week: _____

The priority I will fight for is: _____

The distraction I will release is: _____

A boundary I will set to protect my focus: _____

What success will look like by the end of the week: _____

PROGRESS & GOALS TRACKER

Use this page as many times as needed to track your daily focus choices.
Revisit it daily or weekly to measure your progress.

Weekly Focus Goal

Steps I Will Take Forward

1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>

Lesson(s) Learned

DAILY ALIGNMENT CHECK-IN

	S	M	T	W	TH	F	S
Did I protect my focus today?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Did I invest in what matters?	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N

WEEKLY REFLECTION

Pause here at the end of the week to notice progress, challenges, and what you want to carry forward.

Where did I win the focus fight this week?

Where did I give ground to distraction?

What strategy will I carry into next week to protect my focus?

FINAL REFLECTION

Use these closing questions to name what this focus fight has uncovered and what you want to see as a result.

**You don't just guard your attention in focus –
you multiply your impact and future.**

What did this process reveal about the way I handle distractions focus?

What strength surfaced when I chose attention over distraction?

What future vision feels possible if I keep holding the line?

My Focus Commitment

I am fighting for focus because I want to see myself:

GO BENEATH THE SURFACE

REAL STORIES. HONEST ALIGNMENT. ONGOING WORK.

WITH MATTHEW L. BROWN

SEASON 2

AVAILABLE NOW



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