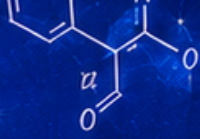


$$\nabla \cdot \mathbf{E} = \frac{\rho}{\epsilon_0}$$

$$c^2 = a^2 + b^2$$

$$y = \sin x$$



$$a^2 + b^2 = c^2$$



$$F = G \frac{m_1 m_2}{R^2}$$

$$\int \sin x dx = -\cos x + C$$



FOCUS FORMULA

$$F = ma$$



$$\sum_{k=1}^n k = \frac{n(n+1)}{2}$$

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

$$\lim_{x \rightarrow 0} \frac{\sin x}{x} = 1$$

$$\frac{d^2 y}{dx^2} + p \frac{dy}{dx} + qy = 0$$

$$\int x^n dx = \frac{x^{n+1}}{n+1} + C$$

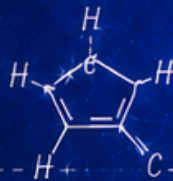


$$P = VI = I^2 R = \frac{V^2}{R}$$



$$V = \frac{1}{3} \pi r^2 h$$

$$\tan \theta = \frac{\sin \theta}{\cos \theta}$$



$$a_n = a_1 r^{n-1}$$



$$i\hbar \frac{\partial \psi}{\partial t} = -\frac{\hbar^2}{2m} \nabla^2 \psi + V\psi$$



$$\frac{d}{dx} e^x = e^x$$

$$E_k = \frac{1}{2} mv^2$$

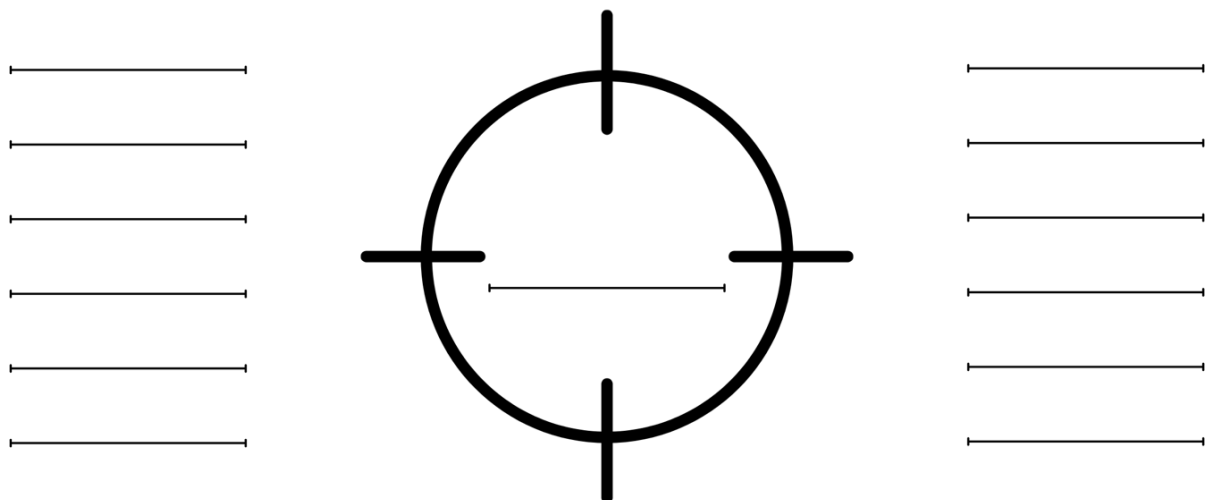
$$\nabla \times \vec{E} = -\frac{\partial \vec{B}}{\partial t}$$

$$\nabla^2 \phi = 0$$



WORKSHEET

Focus Area Worksheet



Example Life Areas				
Wellbeing	Relationships	Work	Lifestyle	Contribution
Health	Marriage/Partner	Business	Home	Purpose
Fitness	Kids	Career	Car	Volunteering
Energy	Parents	Job	Travel	Donation
Sleep	Siblings	Education	Experiences	Legacy
Nutrition	Family	University	Hobbies	Service
Mental Health	Friends	Study	Sport	Philanthropy
Stress	Community	Money	Creativity	Mentoring
Self-care	Faith/Spirituality	Finances	Recreation	Advocacy

Focus Goal Worksheet

My Focus Area:

Q1: With regards to this area of my life, on a scale of 0 to 10 how satisfied am I today?

0	1	2	3	4	5	6	7	8	9	10
Unsatisfied					Satisfied					

Q2: What would a Perfect '10' look like to me in this area of my life?

Q3: What is the next specific goal that will move you closer to achieving your Perfect 10?
