**CWA Class Notes – Unit: Success January 12, 2017 EQ: Why is “focus” the key to success?**

|  |  |
| --- | --- |
| **1.Read & annotate “Focus” article**  **-Define:**  **Stimuli / Stimulation =**  **Premise =**  **Cognitive / cognition =**  **Acute =**  **Streamline =**  **Vigilant =**  **Epilogue =**  **-What is the difference between mindlessness and mindfulness?**  **-What are “high achieving” business people [like Steve Jobs] able to do?** | **-Mindlessness is…**  **Mindfulness is…**  **Therefore the difference is…**  **-** |
| **Answer the EQ:**  **Why is “focus” the key to success?** |  |