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

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| **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?** |  |