# Staying Focused: A Simple Guide to Overcoming FOMO and Shiny Object Syndrome

**Feeling overwhelmed by too many ideas or opportunities?** This simple guide can help you evaluate your options, prioritize what matters, and stay aligned with your goals. Let’s get started with an easy three-step process:

## Quick Start Guide: 3 Simple Steps

1. **Write Down Your Ideas**  
   List the top 3–5 opportunities or ideas you’re considering right now.
2. **Ask Yourself Three Key Questions**
   * Does this align with my business goals?
   * Do I have the time and resources to pursue it?
   * Will this truly move my business forward?
3. **Pick One to Focus On**  
   Choose the idea that scores highest in alignment, feasibility, and impact. Postpone or let go of the others for now.

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