

YOUR WHEEL NAMED IT:

FOCUS

You took the Scorecard, and the wheel did what wheels do — it told the truth. Your **Focus** gear came back lowest. That is not a verdict. That is a work order. The lag gear is not where you are worst as a person — it is where the next honest hour of work buys you the most, because it is the one dragging the other seven.

Focus is **the Steering** — your mind and inner life. Where you point is where you go. *“Do not be conformed to this world, but be transformed by the renewing of your mind.”* ROMANS 12:2 (BSB)

THE READ

Under your steering sits the ECU — the brain box — running a map you did not write. A coach’s comment, a parent’s verdict, a failure that got filed as identity. The machine responds to that map before you have consciously thought anything at all. That is why willpower keeps losing: you are steering against your own programming, and the programming has more laps than you do.

But here is what the verse actually says: transformed by the RENEWING of the mind. The map can be reflashed. And the reflash tool is closer than you think — it is what you feed the machine and what you say about it. Every input is a tick on the map: what you read, watch, and listen to is either conforming you or renewing you; there is no neutral fuel. And every sentence you say about your life is a line of code — say it enough and the ECU runs it.

“I have to.” → “I GET TO.”

Same task, different map. “Have to” runs the slave code; “get to” runs the steward code. Trade that one sentence for thirty days and watch what else recompiles.

THE 30-DAY MOVE

REFLASH THE MAP

1. **The seven-day feed fast:** pick the one input doing the most conforming — the feed, the channel, the podcast that leaves you worse — and cut it for seven days. Replace it, do not just remove it: one book from the Focus shelf in its slot.
2. **Catch one sentence a day.** Something you actually said about your life. Write the old one. Rewrite it true. Say the new one out loud. That is a line of code changed daily.
3. **Guard the first and last ten minutes** of the day — no feeds. The ECU writes deepest at the edges of sleep; do not hand those minutes to an algorithm.

THE NEXT RUNG

WHEN YOU WANT MORE THAN A NUDGE

The Focus shelf on the Resources page: *Atomic Habits*, *Man's Search for Meaning*, *Loving What Is*. And **The 50-Week Drive** gives the Steering five structured weeks — with the language work built in weekly, because Change Your Language, Change Your Life is not a slogan here. It is the mechanism.