

Clarify and Develop  
Your Compelling VISION

## FOCUS

15 Minutes for 15 Days

# Fresh Focus™

Vision Development Series

15 days to VISION clarity

IGNITE | INFLUENCE | INVOKE

POSITIVE CHANGE

TRISTIN BURNS



Photo: A.B.O.B Vision

# Fresh FOCUS™ 15 Days to VISION clarity

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# Fresh FOCUS™ 15 Days to VISION clarity

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Welcome to **FRESH FOCUS – 15 Days to VISION Clarity.**

**HOW TO USE...**

As you complete each of the daily activities, you will be asked to add your **FRESH FOCUS thought for today...** at the bottom of each page. This is a fillable area that can be completed on your computer or mobile device. Be sure to save the file after each entry.



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You know, although I've been at this business-ministry thing for quite some time now I still felt that there was even more to it. And in all honesty felt that God required me to grow in a few areas in order to walk this Vision He had for my life out. Here's the thing, by the time I had figured this piece out, I was done—done mentally, physically, and emotionally. Can you relate? With that said, God was not done with me and I am so grateful that He wasn't.

As He continued to love me and teach me the way only He could, the monotony I was feeling with the way in which I was walking out my God-breathed Vision was being challenged. He began showing me the good I was accomplishing and also the areas I was, simply put—flat-lining in at best.



There were areas in my life and business that had no signs of life. I was extremely bothered by this and couldn't stand being in that place and continued crying out to God KNOWING there had to be more. More purpose, more power, more Kingdom to walk out. I needed something. I needed God to show me what more He had expected of me—and for me. As I dug into His Word, Jeremiah 15:19 kept coming up and I knew He meant business with me.

*Therefore thus says the Lord [to Jeremiah]: If you return [and give up this mistaken tone of distrust and despair], then I will give you again a settled place of quiet and safety, and you will be My minister; and if you separate the precious from the vile [cleansing your own heart from unworthy and unwarranted suspicions concerning God's faithfulness], you shall be My mouthpiece. [But do not yield to them.] Let them return to you—not you to [the people].* **Jeremiah 15:19** Amplified Bible, Classic Edition (AMPC)

It was then that I asked the Lord to forgive me for allowing confusion to set in my heart regarding the Vision that was once so clear and exciting and asked Him to restore the joy in my journey. I would be lying if I said I felt an immediate shift, but I can tell you that I knew things would be different from that moment on. Over time, I began to have a more positive

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outlook on the work I was doing. I began to see things in a fresh new way—once again, I had a **FRESH FOCUS**. A renewed way of doing and being that was infectious. I was back to my old self again—but better! I was more confident, more settled, more focused on what needed to be done and was once again determined to do whatever it took to get it done. No more wasting precious time and other resources. God had a job for me to do that needed to be done by me. People were waiting on me grow in Him and get with the program already!

So here I am—still growing, but definitely further along than I was before gaining a sense of **FRESH FOCUS**. It is out of that place that my Kingdom-focused mindset was renewed and refreshed. I have become even more Kingdom-minded and Vision Focused than I once was and have truly been in a place of continued joy while walking out God’s Vision for my life.

The **FRESH FOCUS 15 Days to Vision Clarity** was birthed out of that place of crying out to God for the fresh and the new in Him. He has a special plan and purpose for each one of us—a Vision for your life and how you are to walk it out. It is my prayer that He would meet you in a very special way over the next 15 days. And that He would cause your Vision to become even more real and concrete to you no matter how big and potentially overwhelming that Vision may be. This is your opportunity to discover or re-discover the Vision God has placed in your heart from before the beginning of time. Your spirit knows the Vision God has written on your heart. Allow Holy Spirit to reveal it to you as you position yourself to receive it.

Expect to receive strategic revelation over the next 15 days and beyond. God responds to faith—so come expectantly and come consistently. He is faithful and will show Himself to you if you are seeking. Taste and see that the Lord really is good!

Remain blessed on your journey to a **FRESH FOCUS** in Him!

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*Tristin Burns*



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The purpose of this time of Fresh Focus is to help you align (or re-align) your mind, body, spirit, and emotions toward fulfilling your God-given VISION; allowing you to gain greater clarity of your VISION enabling you to implement it. Focus 15 minutes for 15 days; 5 minutes each to Pray, Say, and Act.

See what God will do when we choose to focus on Him and His Kingdom purpose consistently for 15 days. My prayer is that this will be the catalyst for creating a habit of meeting with the Lord regarding your God-given Vision daily.

Here's to your **FRESH FOCUS!**

## 15 Minutes PRAY : SAY : ACT

5 Minutes to **PRAY** with your Vision in mind. Have a journal close by to record your thoughts as God speaks to you through this process of quieting your mind before Him. Try to practice more “listening” and less “listing” your wants and needs during these prayer times. What specific message do you believe the Lord is speaking to you or wanting you to meditate on today? Anything you believe is being highlighted to you in that moment is considered a Fresh FOCUS thought, so remember to write your Fresh FOCUS thought for the day in the space provided.

5 Minutes to **SAY** and repeat scriptures and declarations for your life regarding your Vision.

5 Minutes to **ACT** (take 1 action step) towards implementing your Vision.

## Day1 – Forget the Former Things

*“Forget the former things; do not dwell on the past. <sup>19</sup> See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. **Isaiah 43:18&19 (NIV)***

**PRAY:** Ask the Lord to help you forget the past and move forward with a fresh new focus and outlook on your future.

**SAY:** Repeat the FOCUS Scripture for the day until you feel it has taken root in your heart. Memorising it is even better.

**ACT:** In your journal, write a declaration that you choose to learn from the past, but not dwell there. Also write anything the Lord brought to your mind during your prayer time with Him.

Fresh FOCUS thought for today...

## Day2 – Repent of Past Failures

*If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you. Psalms 130:3&4 (NIV)*

Repent of past failures, regrets and negative connections you may have regarding your success in fulfilling your Vision. It can be different this time. Forgive yourself and others who you feel may have held you back or not allowed you to pursue God's Vision for your life.

**PRAY:** Ask the Lord to help you repent of past failures, regrets and negative connections you have allowed to enter into your spirit.

**SAY:** Repeat the FOCUS Scripture for the day until you feel it has taken root in your heart. Memorising it is even better.

**ACT:** Speak out the name of each person you need to offer forgiveness to and why. Remember to include yourself and even God if you feel that is appropriate for your situation. Although God does not need our forgiveness, there is something in the act of forgiveness that provides us with a release and freedom to move on.

Fresh FOCUS thought for today...

## Day3 – Envision Your Future as Bright and Promising

*“...For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11 (NIV)*

**PRAY:** Ask the Lord to show you clearly the plans; the Vision He has for your life. Expect this Vision to be larger than your immediate capacity. If it was something you could do on your own, you wouldn't need God's help move forward in it. Remember that this is His Vision to cause His purposes to be fulfilled in the Earth *through* you.

**SAY:** Repeat and memorise today's FOCUS Scripture until you feel it has taken root in your heart. Try incorporating other affirming scriptures and quotations that inspire you to action.

**ACT:** In your journal, write a detailed description of what a typical day would look like for you after your Vision has been implemented. Consider writing it in story form being sure to include all the necessary details to make it even more real to you. Notice the emotions, sounds, smells, and colours all around you in your life's story—always writing from the present tense as if it has already occurred (just as the Word says). If time is an issue, try writing it over a few days.

Fresh FOCUS thought for today...

## Day4 – Seek the Lord

*You will seek me and find me when you seek me with all your heart. Jeremiah 29:13 (NIV)*

Seek the Lord being diligent not to neglect taking time to hear Him speak.

**PRAY:** Ask the Lord to show you an overview of the strategy He wants you to use to walk out your Vision.

**SAY:** Repeat the FOCUS Scripture for the day until it gets deep within you.

**ACT:** Write out your strategic overview (a high-level overview of the plan God gives you in your prayer time). I would encourage you to put aside some extra time later on to drill the strategy down into more detail. The strategy and approach is vital to any successful implementation.

Fresh FOCUS thought for today...

## Day5 – Hear His Voice

*My sheep hear My voice, and I know them, and they follow Me. John 10:27 (NIV)*

Hear His voice and walk toward Him. As you're being diligent to listen, you will grow in both faith and understanding enabling you to walk your Vision out.

**PRAY:** Ask the Lord to help you hear and discern His voice amongst the others vying for your attention.

**SAY:** Repeat today's FOCUS Scripture, knowing that you do hear His voice above all others.

**ACT:** In your journal, record some past instances where you were clearly able to hear God's voice and then act on what was spoken. If you truly can't think of any, think about a time where you may have sensed God's divine hand in a situation, but were not necessarily sure it was Him. Then ask Him if His hand was in that situation and ask God to clearly show you how He showed up on that occasion. Don't expect it to look the same each time. There is absolute purpose in all that He says and does. God doesn't often use the same method twice.

Fresh FOCUS thought for today...

## Day6 – Follow After His Peace

*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.  
Philippians 4:7 (KJV)*

Allow God to be God in every circumstance. **Do not confuse your comfort with His Peace.** Your Vision may not be something you are “comfortable” doing. It will stretch you, but eventually you will see the purpose and intent of the stretching as you journey towards God’s desired end-state of your calling. Understanding God’s purpose beyond your comfort is what will help you to keep moving even in the face of dilemma, discomfort, and danger.

**PRAY:** Ask the Lord to help you live in *His* peace.

**SAY:** Repeat today’s FOCUS Scripture, adding your name to it as a personal directive from God to you.

**ACT:** In your journal, write a specific memory where you experienced God’s peace in the midst of a tumultuous situation. If you can’t recall one for yourself, perhaps you can recall the experience of a loved-one where you saw God’s hand at work in the midst of difficult circumstances.

Fresh FOCUS thought for today...

## Day7 – Obedience is Key

*But Samuel replied: “Does the Lord delight in burnt offerings and sacrifices as much as in obeying the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams. **1Samuel 15:22***

**Obedience is Key. Obedience is better than sacrifice**—Don’t allow His words to fall on deaf ears. Ask God for strength, courage, and determination to fulfill His Vision for your life.

**PRAY:** Ask the Lord to give you an **obedient** heart and the Joy of the Lord as it truly is your **strength**. As He was with Gideon, so will He be with you. His **courage** will allow you to walk in obedience, even when it looks and feels like you can’t. **Determination** is that personal resolve that no matter what it looks and feels like, you will continue walking the path God has set before you. Since He promises to never leave us nor forsake us, we can trust we are in His perfect will as we walk in obedience stepping where and how He says to step. Stay in His Word, this will help keep you on track and bring you to a place of course correction if and when you veer off-track.

**SAY:** Repeat today’s FOCUS Scripture allowing your mind to truly take it in as you meditate on each word.

**ACT:** Consider and jot down in your journal, some of the ways God is asking you to be obedient. Be specific.

Fresh FOCUS thought for today...

## Day8 – Christ-centred, Kingdom-focused Mindset

*For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ. **1Corinthians 2:16**  
But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. **Matthew 6:33***

*A Christ-centred, Kingdom-focused mindset is necessary to complete your Vision.*

**PRAY:** Ask the Lord to help you reprioritise your life to be more Vision focused; therefore more Kingdom-focused in Him.

**SAY:** Repeat today's FOCUS Scriptures getting them deep into your spirit.

**ACT:** Consider one negative thing or habit you feel God has been speaking to you about. Looking at it from a godly perspective, ask the Lord how you can go about replacing this negative thing or habit with a positive one. For instance, there was a time when I would use some trendy words that were not particularly life-giving—not realising that I was actually speaking this negativity over people's lives. When the Lord spoke to me about it I had to stop the negative habit I had created. I wore an elastic band around my wrist and snapped the band on my wrist each time I said that particular word and it worked! It interrupted my thought pattern and caused me to associate something negative with saying the word—my mind eventually stopped using that word in the contexts of being trendy.

Fresh FOCUS thought for today...

## Day9 – Understanding Your God-given Vision

*The one who gets wisdom loves life; the one who cherishes understanding will soon prosper. Proverbs 19:8*

**PRAY:** Ask the Lord to help you understand the hearts of people you will serve through your Vision. What are their true wants and needs? How does God desire to help them through you?

**SAY:** Repeat today's FOCUS Scripture getting it deep into your spirit.

**ACT:** In your journal, write a detailed description of your ideal customer or client you will serve through your business, ministry, or social initiative. To make it even more real to you, consider someone you may know who truly personifies this individual. Give your ideal customer a name, a personality, a face, hopes and dreams for the future so you can understand how you can help.

Fresh FOCUS thought for today...

## Day10 – Speak It Out!

*And when the disciples saw it, they marvelled, saying, How soon is the fig tree withered away! Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done. And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. **Matthew 21:20-22** (Emphasis mine)*

Saying the right things and confirming them while speaking out supporting scriptures will fast-track everything in your life.

**PRAY:** Ask the Lord to give you the right focus and the right scriptures to speak out.

**SAY:** Repeat today's FOCUS Scripture out loud. Continue speaking right and encouraging words over your situation.

**ACT:** In your journal, list a few more affirming scriptures to memorise and repeat on a regular basis.

Fresh FOCUS thought for today...

## Day11 – Vision and Voice

*Therefore thus says the Lord [to Jeremiah]: If you return [and give up this mistaken tone of distrust and despair], then I will give you again a settled place of quiet and safety, and you will be My minister; and if you separate the precious from the vile [cleansing your own heart from unworthy and unwarranted suspicions concerning God’s faithfulness], you shall be My mouthpiece. [But do not yield to them.] Let them return to you—not you to [the people].* **Jeremiah 15:19** Amplified Bible, Classic Edition (AMPC)

**Discover your VISION; Discover your VOICE.** The Vision on your life is the very thing that causes you to feel the need to be heard in that particular area. Pay attention to the things that make you angry, sad, or extremely excited. They are clues to what the purpose and Vision God has given you. Your Vision is usually something you are so passionate about, that it’s difficult to shut you up when discussing it.

**PRAY:** If this scripture resonates with you, ask the Lord to forgive you for having a mistaken tone of distrust and despair.

**SAY:** Repeat today’s FOCUS Scripture out loud focusing on the promises God is offering to Jeremiah and us when we truly trust in Him.

**ACT:** In your journal, note how your demeanor changes when you are speaking to others about your vision.

Fresh FOCUS thought for today...

## Day12 - Obvious Clues

*For God's gifts and His call are irrevocable. [He never withdraws them when once they are given, and He does not change His mind about those to whom He gives His grace or to whom He sends His call.] **Romans 11:29** Amplified Bible, Classic Edition (AMPC)*

**Obvious clues** to what you were called to do are the gifts and talents, you have been given converged with your life experiences oftentimes will point you right in the direction of your God-given Vision. Pay attention to what you do well and why you do them.

**PRAY:** Ask the Lord to confirm the gifts and talents He has given to you.

**SAY:** Repeat today's FOCUS Scripture and ask a few trusted friends or family members to tell you some of the gifts and talents they have seen you exhibit over the years.

**ACT:** In your journal, list the gifts and talents you believe you have been given. Be sure to include those mentioned by others in the above exercise. Oftentimes we do not see ourselves as others do and tend to downplay what we have to offer.

Fresh FOCUS thought for today...

## Day13 – Introspective

*And behold, I am with you and will keep (watch over you with care, take notice of) you wherever you may go, and I will bring you back to this land; for I will not leave you until I have done all of which I have told you. **Genesis 28:15** (AMPC)*

**Introspective** – this is the time to begin to ask yourself the hard questions. Do I want to pursue and fulfill God’s Vision for my life enough to weather every storm? Regardless of the circumstances, will I persevere even when things get tough? Do I believe God is with me and will continue to watch over me as He promised in His word?

**PRAY:** Ask the Lord to help you solidify in your own heart and mind, the things He wants to be captured around His Vision for your life.

**SAY:** Repeat the following: “God is with me and will keep watch over me at all times”.

**ACT:** In your journal, list any challenges you are having believing what God has promised you. Then lift those areas up to the Lord in prayer for Him to change your heart and mind towards accepting His truth.

Fresh FOCUS thought for today...

## Day14 – Conquer Your Fears

*There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection]. 1 John 4:18 (AMPC)*

**Conquer your fears.** Speak faith towards your Vision as the doubts begin to rise up within you. Find some anchoring scriptures that will help you stay in faith and in focus when things don't look like you would expect them to.

**PRAY:** Ask the Lord to help renew your mind and squelch every fear.

**SAY:** Repeat these words, “There is no fear in love”.

**ACT:** In your journal, write these words over and over as you say it as you fill your heart and mind with this powerful truth. Listen to powerful worship music helping to solidify this message.

Fresh FOCUS thought for today...

## Day15 – End the Search and Execute

*And we know that all things work together for good to them that love God, to them who are the called according to his purpose. **Romans 8:28** (KJV)*

**End the search for your Vision** once you've truly settled the matter in your heart and mind with the knowledge and divine understanding of what it is. The Vision and purpose for your life will not change, the strategies you implement to fulfill it might, but the purpose God intended for you will not. That was placed within you from before the beginning of time. Your purpose and the Vision to walk it out was God's idea in the first place. It's really about His plans and purposes being accomplished on the Earth. Remember that. It's not all about us... bottom-line is it's ALL about Him and His Kingdom purposes. When we pursue our Vision in Him, we are sure to be fulfilled.

**PRAY:** Ask the Lord to confirm what He has been speaking to you about your Vision.

**SAY:** Repeat today's FOCUS Scripture.

**ACT:** In your journal, culminate your thoughts into a simple Vision Statement for your life. Remember this is not a tagline for a website or business; this is a simple communication between you and God.

Fresh FOCUS thought for today...

# Fresh FOCUS™ 15 Days to VISION clarity

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# Fresh FOCUS™ 15 Days to VISION clarity

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**There's VICTORY in your VISION!**  
CONGRATULATIONS... You Did It!

I'm so proud of you for finishing and finishing well! Listen, let's keep up the momentum of what God is doing in and through you in this season.

Visit [TristinBurns.com](http://TristinBurns.com) and register for an upcoming course or event.

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