

Episode 22: Focus on What You Want

“If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present.”

— Roy Bennett

There are so many things going on in our daily lives that we're distracted from being focused and being in the present moment. Look around you there are some people who are super focused; they know exactly what they want and are driven to succeed. Then there are others who don't know what they want to appear to be stumbling through life. Which person are you?

Do not be dismayed if you find yourself being the person with lack of focus. By listening to this podcast you'll find ways to zoom in on your focus.

Knowing what you want gives you clarity. Everything around you becomes clearer. You know what goals you want and decision-making becomes easy. When you're unclear, it kind of feels like walking around in the dark where you don't know exactly where you're going and can stub your toe. You can get clear by just sitting down and writing out what it is you want. Don't judge or critique your and writing. Don't worry about spelling or grammar. Keep writing!

Catch your thoughts and shift. In Episode 13 [The Power Of Positive Thinking](#) we talked about how we have 50,000 to 70,000 thoughts in a day and that 80% of those thoughts were negative. When you realize you are having negative thoughts and you are self-aware of them, you have the ability to change thought. You can shift gears or flip the light switch in your thought process. As you notice the negative thoughts, you can either accept it or you can reject it. Reframe the thoughts into something more positive. It really comes down to focusing on what you want and not what you don't want

What do you think happens when you focus on what you don't want? Worries, fears, anxiety, self-doubt, and your internal critic pops its head and that's all we see. As you focus on what you don't want, your action star reflecting your thoughts and you self-sabotage yourself from getting what you really want. There is so much power in the way you think. I cannot stress enough how much you need to be paying attention to how your thinking. It impacts everything you do. You end up joining the ancient awful club and feel awful. Your mind thinks that's what you want. Worrying just attracts problems and notice you don't worry about what outcomes you want. You only end up worrying about what you lack which ends up bringing you more lack.

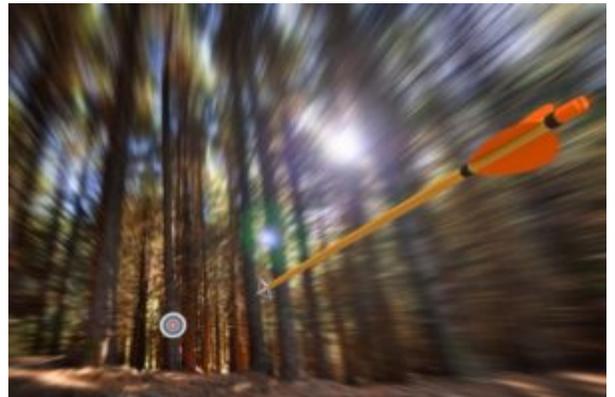
When you experience resistance, there is often a misalignment with your values and who you want to be. This internal conflict is alerting you to the fact that you're focusing

on the wrong things. You need to start focusing on what you can control versus what you cannot.

Energy flows where your attention goes. What are you paying attention to? The reticular activating system (RAS) is our brain's attention center. It is the place where our thoughts and feelings interact with their outside world and how we interpret it. If you focus on your past and see your past with regret, your actions will not move you forward toward renewed future.

Esther Hicks said, **"A belief is a thought you keep thinking and things actualize around it to confirm that thought."** When you

put a spotlight on something, you will find evidence and rationale to make that thought your truth. It becomes your reality. However, if you change your focus by looking at other perspectives and choose a reality that you truly want, you will find evidence and rationale that supports that truth. Whatever you believe becomes your reality. You need to lock into the thoughts that you want and get really focused on where you want to go with your thoughts and the actions you will be taking.



You may be telling yourself right now that I don't like my reality. Your reality may be your present or remember no moment is permanent. You can either accept your reality as it is or choose different thoughts to feel differently and you will start taking actions to match your new belief. You need to believe in your reality and that you can always improve. No matter if it is a positive or negative moment is temporary. **Whatever you believe your reality to be will be the story that you share and tell yourself.**

The trouble is and that people get caught up in comparing themselves to others through social media and real life. For professionals, many individuals saw social media as a form of showcasing their skills, talents, and abilities and making them stand out from the crowd. Some individuals have used social media to compare their lives to the lives of others. Have you noticed that people post all the great things about what's going on in their lives? You are comparing yourself to a moment in time and not their whole life timeline. You may see exotic travels, celebrations with friends, and other things that you may long for. This comparison can make people feel depressed if they choose to and they will not take actions that support what they want. When you compare yourself to others you are focusing on another person's reality and what they believe to be true.

I want to ask you some questions to help you get clear and focus on what you want.

What action will give you your greatest return on investment of your time money and other resources? These are the needle-movers or the game-changers. **Are you taking the right actions?**

What are the things that are distracting you?

What thoughts are you having? Are you experiencing worry fear and self-doubt? It just means that you're focusing on what you don't want. Shift the thought and change your actions.

Here are some things to help you get laser focused and get what you want:

Get super clear on what it is that you want. Write it down.

Accept what is and create the reality that you wish to see. Don't worry about what everyone else's thinking or doing. Their opinion applies to them and not to you. People's advice comes from their own experiences and fears. Choose what you want to accept and what you choose to reject as truth.

Visualize the results that you want.

Prioritize tasks and things you need to get done.

Prepare for what you want and need by gathering resources, accumulating knowledge, and developing your skills and abilities.

Eliminate your distractions and interruptions. Don't check your e-mail in the morning until you have done some focused work. No e-mail or texting and tell the task is done.

Remove any clutter on your desk or in your space. You may develop the urge to start cleaning it or start working on another project.

Learn to say “no”. You cannot be all things to all people and accomplish what you want to get done for yourself. By focusing on pleasing others, you may lose focus on who you are and what you wanted to accomplish. I'm not saying you shouldn't help people. There is a difference between helping others and living a life doing what others want for you. By living a life of pleasing others you please no one because other people have different expectations than what you do.

**“Focusing is about saying No.”
— Steve Jobs**

Take a break every hour for about 5 to 10 min. In order for your focus to be sustainable, you must take a break to recharge and rejuvenate. Your mind does need

some time to wander and generate new ideas. You often get a fresh perspective when you come back and look at what you're focused on.

Take actions that support what you are working toward achieving. You will notice that you will be more productive and efficient with your time, talent and efforts.

Change your focus to what you want and not on what you don't want - for it will become your reality.

***Don't forget to grab your free [DOWNLOAD](#) to help you
get focused on what you want.***

I would love to hear about how focusing on what you want has impacted your life. E-mail me at Debra@DebraKasowski.com. Thank you for listening to The Millionaire Woman Show where we talk about leadership, business, and human potential to help you live rich from the inside out. Subscribe to The Millionaire Woman Show. Give us a 5-star rating! Sign up for our Newsletter www.debrakasowski.com

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Time 12:15 mins

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