

Get Focused

By Jennifer Ottolino

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When we are not getting what we want out of life it is usually because we are not focusing our attentions on what really matters to us. We tend to our focus our energy on fear, lack, shoulds and what we don't want. As a result it slows us down and in some cases halts all our progress, thus creating exactly what we don't want.

Here is the good news, focusing on what you want is a learned skill. It may take time and patience but it is doable. Here are some strategies to get your focused and moving in the right direction.

1. Examine your values. Do you ever find yourself dissatisfied and filled with resentment when you are busy checking things off your list? It could be that your activities are not in line with your values. Sit down with yourself and look at what really matters to you. Ask yourself if this is important? Does it make you feel good? Does it fit with who you are and the direction you are heading? Get clear about your values and how they fit into your life.

2. Make priorities. In the time we live in it is very easy to get overloaded trying to do everything at once. As a result we never actually focus on one thing a 100%, and fragmented attention produces fragmented results. Pick one or two things that you are going to make a priority for the next 3 to 6 months and put everything else on the back burner.

3. Get clear. Most of the time if you ask someone to really describe what it is that they want they can not really articulate what it looks like. Spend time getting clear about what you want. Be able to describe it, create a picture. The clearer you are the easier it will be to attract into your life. Whenever you find yourself thinking about what you do not want, stop and think about how it can translate into creating something positive. For example, instead of saying I don't want to be sick, say I want to be in perfect health.

4. Be a mirror. Be a mirror for your creation. Become the qualities you are looking for in your creation. Remember like attracts like. For example, if you want to attract a new relationship and you want the person to have excellent listening skills, elevate those skills in yourself.

5. Create a space. Sometimes we want things in our lives but because we are so over committed there is no room for it to enter. Opening up a space sends a very strong message that you are ready for what you want.

6. Face your fear. Fear is one of the most common reasons why people don't get what they want. When we experience fear the most common reaction is to either run or to create strategies to avoid

it. As a result, it blocks us from moving forward because now we are focused on avoiding the fear versus creating what we want. Understand that fear is normal. Face your fear head on, talk about it, accept it, and understand it. When you do this a wonderful thing happens, the fear loses its energy and its hold over you.

7. Learn to trust and accept abundance. Every day give thanks for the opportunities you had, the good things that happened to you, and positive messages you received about your life. This will help you to focus on abundance and to recognize all of the good things you are attracting into your life right now. In turn, you will create positive momentum that will help sustain the attraction process.

8. Say affirmations. Say affirmations on a regular basis using powerful, positive, specific language to reinforce what you are creating in your life. For example, if you are looking for prosperity create an affirmation such as, "Prosperity flows to me." Say it often during the day and reaffirm it when prosperity does flow to you. This will help you stay focused on what you are wanting.

9. Trust your intuition. Most likely your intuition is giving you clues to point you in the right direction but you may not be listening. Use your intuition as a guide to help you move into the right direction. A good exercise to develop this further is to write down your question on a piece of paper and free flow write whatever pops into your mind. The key to this exercise is to not censor yourself. When your mind clears, step back and look for patterns you will be surprised at what shows up and the insights you will gain just from using the power of your own mind.

10. Develop an action plan. When you feel that you are focused on what you want and feel excited about moving forward it is time to create an action plan. Here is the key to a good action plan, make sure it fits with your personality. Create a plan that works with who you are. If you hate structure and love to be spontaneous create a plan that allows that. Stop trying to force yourself into something that is against your nature.

Focus is a key component to deliberately and actively creating the life you want and hopefully these steps have helped you to begin moving in the right direction.

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