

FOCUS

Ever say to yourself, "I'm just not motivated." What you really mean is that you're not motivated to do, at the moment, what you know you should be doing. Everyone is motivated ... every action we perform is motivated ... motivation is a "given" ... it is ever-present. Perhaps a definition is in order. What IS motivation? It is that which incites action. It is a present condition, circumstance, occurrence, or thought which impels one to take a particular action. The action one takes can be either beneficial or detrimental. ... So, the question is not IF we are motivated, but what DIRECTION is the present, existing motivation taking us ... in the direction we WANT to go ... or in the OPPOSITE direction?!

Now comes the "clincher." Since no action is taken without forethought, what we are presently THINKING "governs" our actions! In other words, that which we FOCUS our THOUGHTS upon dictates our actions at the present time!

All too often we are not focusing our thoughts on any particular thing ... that is ... we're not DIRECTING our thoughts proactively in the overall direction we desire. ... So, by "default," our thoughts typically dwell upon whatever gives us an immediate, and all-too-often, temporary pleasure. (i.e. "The idle mind is the devil's workshop.") HOWEVER, if we have decided AHEAD of time, what we most want in life, and have made step-by-step plans on how we will get "there," we have something worthwhile to focus our thoughts on. The difficulty so many encounter is that we put our goals/plans aside after we've made them (or, perhaps, we have not made them in the first place), not realizing that we need to "refocus" our thoughts upon them EACH AND EVERY day! This is why it is so important to START the day "right" through prayer, scripture study, and reviewing our plans/desires for that day ... deciding (or having already decided the day/week before) exactly what we want/need to accomplish today. Indeed, today is the only day we really have. Yesterday is gone and our goals/plans give us a vision of what tomorrow can/will be, but the only "way" to get there is by the ACTIONS we take TODAY! ... Today ... and each and every day, as they arrive. The point being is that today is the only time within which any action can be taken. So, therefore, it is incumbent upon us, if we want to reach our ultimate goals, if we want to live life to the fullest, that we take the steps necessary, one-day-at-a-time that will eventually get us there!

Decide what you really want out of life. Decide on a few worthwhile goals. Plan, step-by-step HOW you will get there (i.e. the "path" you need to/will take). In those things that involve someone else, like your family, be sure to involve them in this process. Put it all in writing (so you can refer to it at any time). Then focus your thoughts at the beginning of each day on what you've decided you need/want to do that day. If you do this, you will find yourself, at the end of the day, that much closer to your dreams/ desires/ goals... and by this means, along with your family & friends, find joy each day of your lives. ("This is the day which the Lord hath made; we will rejoice and be glad in it." – Psalms 118:24)

“Ultimately, what you accomplish in your life is a result of what you accomplish in a normal day.” (Jimmy Calano & Jeff Salzman, founders of Career Track)