

Find Your Focus – Be, Do, Have Exercise

Most people focus on the wrong things when they are “trying” to create the life they love....They do things in reverse and all backwards.....They focus on what they “Have” or “Don’t Have” instead of who they are “Being”.

When I speak to people about what they are focused on in and for their lives, they usually begin the conversation with what they want to “HAVE” which is the same as saying or focusing on what they “Don’t Have”.

When you focus on what you don’t have long enough, you will never become the person you want to be to actually achieve that which you desire.

People will say things such as.....”Once I Have X, THEN I will be able to DO Y, and THEN I will Be Z”.....This is the absolute wrong, backwards way to look at things.

As if “Thensday” exists somewhere out there in an alternate universe.

You will never truly Have or Do anything of significance until you are being someone of significance NOW, in this world that you exist in.

When you want to Do and Have something, you must first focus on who you are Being....And that doesn’t mean in the future on “Thensday”!!...It means NOW.

Create who you want to be in your imagination, then believe and expect that you are becoming that person every moment of every day.

You will want to ignore your ego and your old limiting, conventional beliefs, thoughts, and paradigms, if they are restricting you from truly being you.

This is a very simple lesson to learn, although it may not always be easy, which is why joining others that are part of the “I Focus” community is key.

“I Focus” community members enrolled in the “Find Your Focus” programs can help you stay the course as you to find your focus in all areas of your life.