

Focus: The Key To Success

Unleash The Hidden You

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Welcome

Focus: Can it work for you?

Are you doing exactly what you want to do in your life today? Have you attained every goal you ever set yourself? If you can answer yes to these questions, then this book is probably not for you.

But wait! If you answered NO to these questions and your answers to the following questions are still NO, then you NEED this book.

- Do you find it **EASY** to concentrate and focus 100% on the task in hand?
- Is it **SIMPLE** for you to exercise self-discipline when you need to?
- Are you **CONFIDENT** when talking with peers, partners or even your kids?
- Have you **LEARNED** how the art of focus, confidence and self-discipline changes lives?
- Can you look yourself in the mirror **SMILING** about everything you've accomplished so far?
- Have you ever found yourself stuck in a rut with the feeling that your life is going **NOWHERE**?
- Have you ever felt **UNSURE** about the steps you have taken, and continue to take in your life?
- Are you **EXACTLY** where you want to be in life right now? No?

Don't worry, and don't feel bad. There are lots of other people just like you. People who have no direction, or they could possibly have a direction but just don't know how to get there. I may just have the answer for you today.

Everybody's life has its ups and downs, but not everybody is aware that they can actually DO something themselves to turn things around. Knowing how to focus, how to build up confidence and self-esteem, and knowing when to exercise self-discipline are HUGE steps toward a better life for yourself and those around you.

Ok, let's get down to why you are REALLY reading this book. Let's look at focus, confidence and self-discipline and see what we can do to make things work for you!

Focus

Focus is a scary word to most people. What can it do for us? How can it help us? Can we program ourselves to focus? Focus, confidence and self-discipline all work hand in hand with each other.

Learning to focus can help us in many ways. It can help us realise what we really want in life, it can help us make good and informed decisions. It can also help us to accept ourselves just the way we are, without feeling the need to condemn ourselves or put ourselves down in any way, shape or form.

Focus can help us gain confidence, power and happiness. Focus can also help us remain grounded and stay on track. Focus can change confusion into absolute knowledge and self-criticism into love for oneself.

Always be aware that you **Are** able to focus on what you want, and to focus your thoughts on anything at all. Try it now by thinking about the dishes, now change your focus and think about your car. Switch focus again and think about a dog. It really is that easy to focus on whatever you want to focus on.

We all need to learn to set aside time to be used on the one thing we want or need to focus on. It's not a matter of "taking the time" to focus, but more a matter of "making the time". If we are willing to make the time, we will focus a lot better on whatever it is you want/need to do.

You ask me how I can possibly make time to focus with four demanding children, 3 dogs and a new house?

Easy, I can stay up for an extra hour when all the kids are in bed and the house is quiet, and MAKE the time to focus on what I'm doing with absolutely no distractions at all.

Oh, that's right; you work too, so you're too tired to stay up late. How about getting up half an hour early, before the madness at home begins? Before you go to bed, get everything ready for your early morning "focus time" so that you don't have to run around looking for it when you're half awake. Of course, this means you have to have a plan of action ready beforehand.

Decide when you are going to make time, and stick to it like glue. Don't let ANYTHING take you away from that time. Make sure you have everything you need all in one place, a room, or even a corner of a room where you can sit in peace. Unplug the phone, turn off the television, and don't even listen to quiet background music.

Whatever happens around you will distract you unless you learn how to focus. Sometimes it seems easier to just go along with these distractions than to focus on the end goal. Remember, if you let yourself go along with the distractions, you are losing sight of your goals. Sharpen your vision of what you want or you WILL be at the mercy of your environment.

When you want something you have to decide EXACTLY what it is you want. If you don't know what you want, there's no way on earth you're going to be able to focus on it. So you want to pass that driving test that you've taken and failed umpteen times, or you want to pass that really important exam in school.

You might want to write a book, or build a website, run your own business, be a teacher or any number of different things. The main thing is you have to KNOW that's what you want, and you have to set your aims high and demand yourself to focus on getting it.

Once you decide what you want, you have to decide WHY you want it. Visualize yourself in that brand new Mercedes or BMW, or in front of that school desk teaching the kids geography. The vision makes you feel good right? So **that's** why you want it, it feels good to do what you want to do, be who you want to be and own what you want to own.

Visualization is a major part in being able to focus. If you can actually see yourself in the position you want to be in, then it's so much easier to focus on the task of getting there.

Next thing you have to do is decide how you're going to actually get what you want. What are you willing to sacrifice in the quest to get those great exam grades? What can you do without in order to start up your own business? How can you make your family life happier and more peaceful?

Sit back and close your eyes, imagining what it will be like to have what you want in life, and think long and hard about what you can give up so that you can get there.

Say you want a new sofa, but the only way you can get one is if you quit smoking. Envision the sofa, with you and your partner cuddling up on it. What colour is it? Is it big and fluffed up, or is it a small ultra-modern sofa? Focus on the sofa and want it badly enough, you WILL stop smoking so you can get it.

These are all small things and perfectly attainable with a little bit of focus, but what if you want bigger and better things than that? Well then you set goals for yourself. First overcome the exams, once that goal is reached go get that driving licence. Next you get a brand spanking new BMW.

Keep setting goals; as soon as you reach the first one, move on to the next, staying focused all the time on what it is you want.

Reaching that first goal will give you an incredible boost of confidence, which in turn will make it so much easier to get started on the next goal. The more goals you reach, the more confidence you will have in yourself and that will fuel the success of the next goal, and the next one after that, until there are endless possibilities for you.

Start off by writing down each and every goal you WANT to reach in your lifetime. Then write a daily plan for the goal you want to reach first. Write the plan before you go to bed at night, it gives your brain time to take it all in and work with it.

It's amazing what the brain will do when we are sleeping. Also, writing the plan the night before helps free up that time during the next day so that you can purely sit and focus on the task at hand.

Make the plan a numbered list and cross each item off as you finish it. You'll be amazed at how quickly you get through it this way. Once you've reached the outcome you want, move on to your next goal following the same pattern as before.

If you find your thoughts wandering in your "focus time" take a break, write down your thoughts and put them away somewhere for future reference. If you find there are multiple things you can do to attain your goals, figure out which of them is the one most likely to help you get there quickest.

Put the others on hold, they may come in useful when you're aiming for that next goal.

If you lock your focus, and stick with it for as long as you have to, you WILL succeed. If you stick to one thing, one goal and focus on that, it's virtually impossible to not reap the rewards of your actions.

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