

A System that WorksSM

...for Your Success!

Keys to Success

Volume 8 No. 4

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Life presents us with many gifts, opportunities and challenges. According to the Law of Attraction, we get what we focus on. So my question to you is: *Where is your focus?* It sounds like a simple question. But let's explore it a little further.

- Are you happy with how things are going at work? In your personal life? With your health? With your family and close relationships?
- Are you content with your financial position?
- Are you achieving the results you desire?

Hopefully you answered yes to some, or perhaps all of the above questions. However, chances are your response may have been something like, "I wish", or "That would be nice" or "Perhaps someday, but life is too hard right now with the economy, the war, my job...".

Let's face it; the *stuff of life*, whether positive, neutral or not so positive, can interfere with where and how we focus our attention. By losing our focus or focusing on the wrong things, we risk missing key opportunities of the moment, miscommunication, decreased morale, ineffectiveness and inefficiencies, lost time, zapped creativity, and so on.

Sometimes outer circumstances or the people around us can affect our focus of attention. Though, quite often, we are the cause. Here are just a few examples that come to mind.

- When my niece Jessica was 5, she came to spend a couple of days before Christmas. The plan was to have fun making cookies, wrap presents, etc. At cookie baking time, Jessica was having a blast cutting the dough into different shapes, icing the cookies, and telling stories. Meanwhile I was looking at how she could maximize the efficiency of the cookie dough with appropriate placement of the cookie cutters. Needless to say, I got in the way of a great time.
- I took swimming lessons with my nephew when I was 26. Two weeks after we started he advanced

- ...to the deep end with his water wings. I was still learning how to get my face wet and breathe without drowning. One day in particular I was totally frustrated and stood up in the middle of the 3-foot section crying to myself, "I've added the water. Now why can't I swim?!" Of course I wasn't thinking about the fact that I didn't grow up around water and didn't have a clue about what to do. Or was it comparing myself to life-long swimmers.

- And what about the times, whether at work or home, where the emphasis is on what is not happening instead of what is. Think about your own experiences with customer service, working with your team members on a project, performance appraisal time, and report cards. Unfortunately the majority of the time the focus is on the perceived negatives more so than on the positives or what is/was working well.

So what is the big deal about where we focus our attention? Well for one thing we are diffusing our energy when our attention is on *what is not* (the past) or *what if's* (the future) instead of *what is* (the present). Okay I hear what some of you are saying and thinking. The challenge arises when our focus is in the past or the future most of the time. This gets us into regret, anger, judgment, fear and lack. What we really need is clarity, acceptance and objectivity. And remember, acceptance does not mean agreement.

Other benefits to being mindful of where we focus our attention include:

- Decision-making becomes easier, more appropriate and timely.
- Communications become more effective because you stay focused on the situation, issue or behavior and not on personalities or shoulds.
- You become more balanced in all areas of your life.

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- Relationships improve.
- Productivity improves and profitability increases.
- With increased objectivity, you have a greater depth of insight, which leads to greater control of your life, happiness and success.

Becoming aware of your focus is a habit worth adapting. The following questions are good to ask yourself during periodic *Focus Checks*SM.

- Where is my focus, here now?
- What is working?
- What is behind my shifting focus? Or what is pulling me off track?
- What is the best use of my time (energy, money, focus...) right now?

Give yourself a gift that can literally change your life by being mindful of where you focus your attention. ^{ASW}

With Clarity & Focus,

Antoinette

Insight & Wisdom

"The talent of success is nothing more than doing what you do well and doing well whatever it is you do."

-Longfellow

"You have to accept whatever comes and the only important thing is that you meet it with courage and with the best you have to give."

- Eleanor Roosevelt

Upcoming Programs/Events

LEAP (Life Energy Alignment Process)

Introductory session 6:30-8:30 pm

LEAP (www.lifeenergyalignment.com), is a dynamic process for facilitating transformation and positive change in one's life. Space is limited so you can experience a mini-LEAP session. *Investment: \$20.* To register contact Antoinette@ASystemthatWorks.com

LEAP Dates: September 8, 13, & 23; October 4 & 27

Can't make any of the above dates. No Problem! *LEAP* sessions can be either for individuals or groups; in-person, by phone or distance. Schedule a session today by contacting Antoinette, LEAP II Practitioner, at 513.887.0600 or Antoinette@ASystemthatWorks.com

Play the *Satori* board game, a Radical Forgiveness Experience

Satori is a board game based on the Writer's Digest Award Winning book *Radical Forgiveness: Making Room for the Miracle* by Colin Tipping. Tipping's insights and tools can be an effective approach to transformational experiences for people of all backgrounds. (www.radicalforgiveness.com)

Satori Dates: September 15 & 30; October 21 & 25
6:30-9:30 p.m. Space is limited to 12 players.

Investment: \$25 Contact Antoinette to reserve your space at the table, or for information on hosting a game in your home or center.

The *A System that Works...for Your Success!* newsletter is written for individuals and businesses committed to harnessing their potential. Information contained in this newsletter is general in nature and is not intended to replace professional consultation. *A System that Works...for Your Success!* is published by ASW.

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