



## Change Your Focus: Change Your Life

Are you ready to create more happiness and success in your life? One of the best ways to achieve the success and satisfaction you want is to increase your focus on what is right about you and decrease your focus on what is wrong.

When you pay more attention to your negatives, your shortcomings, faults, and mistakes, you are left to approach your goals and challenges from a place of weakness rather than strength.

The more you dwell on your talents, abilities, and strengths, the more those traits will flourish. As you acknowledge and appreciate even your smallest victories and accomplishments, you build the motivation, confidence, and enthusiasm needed to bring the success, satisfaction, and happiness you want into your life.

- Make what you have accomplished more important than what you have not.
- Make what you are doing right more important than what you are doing wrong.
- Make your strengths more important than your weakness.

Every evening, make a list of at least five of your accomplishments or successes for the day, or five of your positive qualities or traits. Write out, “I’m proud of myself for...” or “I appreciate that I...” before each item. Then reread your lists often...especially when your confidence needs a boost!

Whether your victory is closing a huge sale, making a phone call you had been dreading, or being patient in an annoying situation, it all deserves your acknowledgement. If you commit to celebrating all your achievements, triumphs, talents, skills, and abilities on a daily basis, you will be happier and more successful.

*I have yet to find a man, however exalted his station, who did not do better work and put forth greater effort under a spirit of approval rather than under a spirit of criticism.*

Charles Schwab