

How To Stay focused



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How To Stay Focused

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Introduction

To be focused is a two-dimensional concept. You are either focused out of free will or you are focused on something you are forced to do! But both dimensions have the same purpose, namely to reach a certain goal!

Success = The goal had been reached (finishing to satisfaction, winning something, or gaining the desire profit).

The "goal" can be the final aim or the attainment of each small step that was completed in a chain of predefined goals aimed at reaching the final big goal! To walk from point A to point B is a good example. (Although the reality is more complicated this example illustrates the principle in very simple terms.) Every step that you walk is the completion of one small goal to reach the big goal point B. If you stop in between, the final goal will not have been reached yet.

There must be movement from beginning to end. The time it takes to reach the goal or success, depends on how fast you complete each step satisfactorily! The satisfaction part depends on what you decided in the beginning it should be. You can decide to do an outstanding job or an ordinary good job or just an everyday thing. I would suggest that you choose the first one for doing online business as your success will mostly depend on what others think of your product and presentation!

To be successful you must start and work only on those things that has the ability to reach a predefined goal. And, to be focused, one should be directly or indirectly actively engaged in the process to reach the goal, after clearly accepted that the outcome will bring about something worthwhile to you and will be acceptable for your target market or audience! Let me tell you something of my own struggle early in life.

Staying Focused Leads To Successful Goal Achievement!

Here is the crux of staying focused! The strenght of your focuss is equal to the strength of your drive to achieve success!. The strenght of your

drive depends on how important a successful outcome will be to you!

The problem of staying focused exactly pictures my own experience in life. What I did when I was a youngster early in my career to overcome the lack of will to start doing my work, was to realise that I should do something about the problem.

I decided to start doing something and took the first file in front of me and start reading through it page by page to see how I could get interested in what I am doing in order to finish the job successfully! I forced myself from that day on to make believe that the job at hand is interesting and worth the while! That also triggered something else - how to concentrate on what I am doing at the moment and cut myself off from everything else until I finished the job or could take a reasonable brake before going on! It also made me proud of the fact that I achieved something!

What I want to imprint on you with the above paragraph is that you will have to challenge yourself to start and finish a commitment before you loose interest in it.

To motivate yourself for this challenge, you have to get involved in the task and regulate your speed in order to be in control all the time! The best way of speed regulation is to divide the task into smaller workable sequential and interrelated steps. This allows you to observe the results as you go on and keep you motivated to finish!

A good example of such a control tool is the "flow chart" in business and construction works. The entire project is projected over a specific period of time and divided into smaller parts, each following the other. The first step must be completed before the next step. To stay focused thus requires good planning over the long term and short term.

Look, I am not talking here about letting others do the job for you! In that case my success principles also apply to each of them personally. It doesnt matter where in the success chain you are. If you want to be successful there, these principles apply irrespective who you are or what you are doing!

Decide from the start what you want or must do and that it is so important to you that the outcome is worth the time, effort and money spent.

So before you start, make it clear to yourself why you are doing something and what the outcome should be. Is the outcome worth all the effort and sweat? If not, it is better to abandon it without any regret in favour of something else more satisfying or profitable.

The importance of what the result(s) will be must be such that it creates enough drive to go on and motivates you to the end! If you are forced to do something then do what worked for me - convince yourself that it will be to your best interest to do the task. Get interested and look positively at the benefits to yourself as well as what you can learn from the experience. If there is no gain, why do it if your life or reputation is not at stake!

Final Conclusion

The conclusion is that your goalsetting must right at the start include a statement how important or valuable the outcome will be to you. **Focus relies very heavy on prioritising based on the importance of achieving a goal, weighed against the importance of all your other goals!**

That is all for now!

Any questions or comments about this? I will be happy to help where I can. All comments and suggestions are always welcome! [Contact me here](http://ciskano1.com/achieve/achievecontact.html)
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I wish you a highly focused future!



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Some interesting stuff for extra spice

Please note: these links below did work at the time this document was last reviewed!

Q&A Issue #9 009/01/24 10:15 PM - <http://www.michaelrasmussen.com/questions/>

<http://www.StevePavlina.com/> His Personal Development Insights™ Newsletter, Issue #11 - December 22, 2008: "How to Achieve Your New Year's Goals"

And finally a few special articles

Please note: the links below did work at the time this document was last reviewed!
(I am just quoting the headings and authors. If you want to have a look at them)

"The One and Only Cause of Failure in Any Area of Your Life... and the One and Only Solution", By David Cameron, Author of "A Happy Pocket Full of Money"). I found it some time ago on <http://www.mindpowernews.com/> and it should still be in their archive!

Do You Lack Focus on Your Goals? Stopping Your Success?

http://ezinearticles.com/?expert=Judy_Kelly

Focus - A Story of Two Eagles and Two Fish

[http://ezinearticles.com/?expert=K. C. Cobos](http://ezinearticles.com/?expert=K._C._Cobos)

The Power of Focus

http://ezinearticles.com/?expert=Karim_Ismail

Our limitations are self imposed

<http://www.davecheong.com/2006/06/18/our-limitations-are-self-imposed/trackback/>

11 ways of staying focused

<http://www.davecheong.com/2006/06/21/11-ways-of-staying-focused/>

How to Improve Focus With the Power of Intention

<http://www.lifeoptimizer.org/2009/10/26/how-to-improve-focus-with-the-power-of-intention/>

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