

A positive focus:

All too often, we tend to forget the good things in our life...we also forget the important things that we have accomplished. These are the things that define our many passions in life and lead us into the future. It's unfortunate that goal-setting fundamentals aren't included in regular school curriculums throughout the country because so many of us go through our lives without living our dreams or using our unique abilities to the fullest. It is important to maintain a positive mindset during our pursuit to happiness and we must understand that we cannot let the negative overcome our actions on that pursuit.

One of the best methods that I use in my daily practices is a concept called 'a positive focus.' This fundamental is a useful tool to help you understand what your past accomplishments are. Unfortunately we go through our lives without ever realizing what our previous accomplishments are, or we don't pat ourselves on the back for the good things that we have achieved.

It is also important for parents to reward their children of the positive things that they acquire or achieve. This allows them to realize that they have done well and will work towards doing similar actions in the future to achieve success. It also creates a positive mindset for their children and provides them with a mental attitude that they are good human beings. Along with goal setting attributes, a positive focus goes a long way to help the person build self-esteem because even the smallest accomplishment can mean so much to the person, thus creating a healthier self-confidence value.

A positive focus is merely an activity that connects the person with their inner thoughts, abilities and past accomplishments. It is a three-column table that allows the person to fill in the blanks over the past year (30 day, 90 day, one year accomplishments). A positive focus can also be used for dates/times prior to one year. This activity is suggested every 30-90 days, as we are constantly working towards a more fulfilling life and the more you accomplish the more you will believe in yourself. What have you accomplished in your life? If you cannot find the answers, think hard...if you still cannot find them; ask someone that has seen you grow or someone that has been a part of your growing life.