

YOU GET EXACTLY WHAT YOU FOCUS ON!



What do you think Tiger Woods is focusing on in this picture? Is he picturing the ball flying off the side of the club and into the lake? Or do you think he is seeing it drop into the bottom of the cup?

There is one reason why Tiger Woods is as great as he is. It isn't talent, it isn't upbringing, it isn't opportunity and it most certainly isn't luck. It is practice and belief with a laser focus on what he wants.

Do you know why most people don't get what they want? It is because that's what they focus on!

When you are exercising do you focus on the pain and strain and wanting to give up or do you focus on how good you will feel when you are finished? If you focus on wanting to give up, chances are you will. If you focus on finishing and feeling great, you will do that. You may have heard that reason why the person drives his car into a lamp post is because when he loses control of the car and it is heading towards the lamp post he looks straight at it, rather than looking for ways to avoid it. He gets what he focused on.

The reason why most people never get the results they want with their wellbeing is for the same reason. They focus on the wrong things – they constantly think about; how hard it will be, that the last time they failed, that they hate being overweight, that it is easier to give up and be unhealthy. So, that is what they end up with.

There are however, some people that just seem to always get what they want. Do you know anyone like that? Aren't they annoying?! They aren't just lucky, they actually believe in themselves and they focus on exactly what they want. They read positive goals everyday, they look at pictures of the way they want to be, they associate with positive encouraging people and they have, like Tiger Woods, a laser focus on what it is they want and so everyday they do the things that move them towards that eventuality.

I was speaking to group about this exact topic and after the session a girl came up to me to say thanks because the penny had just dropped. She had been a member of one of those 'weight loss' groups that advised her to put a 'fat photo' of herself on the fridge and look at it everyday. She did that for two years and after two years of serious attempts to lose weight she actually put on 5kg and weighed the same as she weighed when the photo was taken. **She got exactly what she focused on!**

Always ask yourself; "what do I want?" and focus right on it – it will be yours!