

## THE POWER OF FOCUS

*“Success comes to those who become success conscious. Failure comes to those who indifferently allow themselves to become failure conscious.” (Napoleon Hill)*

Did you know that the thing one focuses on expands? If you focus on success, it will become reality and it will surely expand. It will be at the fore-front of your thought process and will introduce ideas to you of how you can attain your dreams. In the same manner, if you focus on fearful defeat and failure within your mindset, it is likely to respond to your innermost *‘invitation’*.

The question that may follow the foregoing paragraph may then be ‘how do you control those negative thoughts that come uninvited into your mind?’ In the course of this short write-up, the answer should be clear to you.

People are usually prone to focus on their weaknesses in an effort to eliminate these faults. Sadly, the result is that the more focus they direct towards the elimination of these faults, the higher the probability that they will get ‘rewarded’ with unwanted repeated errors, which further disheartens them. An option to this focus on the elimination of weaknesses is that you strive to recognise your strengths and put your best effort to the achievement of your favoured activities. The good news with this option is that you can be so consumed by the activity required of your strengths that you no longer have ‘time’ to take note of your weaknesses and subsequently these are eliminated. I do not insinuate that you “sweep” these weaknesses “under the carpet” and pretend that they do not exist – continue to work towards their elimination but **redirect your best strength towards your favoured activities**.

We were brought up to concentrate on improving the grades of our children in school by for example increasing their effort on Mathematics which may be their most disliked and weakest subject. The unfortunate result is that a lot of effort is distracted from the favoured, for example, English subject that they adore and where their strength is celebrated. My recommended solution is that you create the ability for the understanding of the basics of Mathematics to the extent that it will get them through life, and help pass some exams. However, the greater focus

should be directed towards the favoured subject in order to build a world class expert in the person. This breaks them free from the average status!

Take a moment now, and list 3 of your strengths or favoured activities. You may struggle initially to recognise these, but I advise that you persist. Now go ahead.

Strength 1:

Strength 2:

Strength 3:

Now that you have identified some of your strengths/favoured activities, you need to think of ways to channel your energy towards their accomplishment. Recall them daily by writing them down and verbally repeating them to yourself, whilst imagining the successful attainment of your desire. Think and act creatively towards transforming your favoured activities to become **celebrated favoured activities**.

An active sensitivity to your life's dreams will help you stay firmly on the road which is full of bumps and pot holes, and provide pleasing results.

Kola Olutimehin BSC FCCA, helps people to induce their dreams and to work towards the achievement of these dreams in their lifetime. He also provides business process re-engineering services to corporations towards the attainment of their corporate goals. A life and business coach, international motivational speaker, and investor, Kola conducts 'Dream and Achieve' seminars and various conferences in addition to bespoke workshops to organisations and individuals.

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