

Staying In Focus

One of the key criteria for a photograph to be considered good and useful is for the main subject to appear sharp and in focus. A lack of sharpness or focus could greatly lessen the photo's impact or effectiveness.

The same is true for our goals and key activities. In the midst of our fast-paced lives and high-speed continuous communication, keeping the very important things in focus is more crucial than ever, and is also quite challenging. One reason is because so many things are competing for our attention and thus there are more choices to make on where to focus.

It is easy to be distracted, especially when the source of the distraction is more appealing than the task at hand. For example, I prefer working with people than accomplish things, so if I am working on a task that requires me to work alone and someone calls or walks in who likes to chat, I could easily get caught up in a lengthy conversation and forget about my task and the time going by. Of course I need to control my interruptions, but it would also be effective for me to delegate the tasks I like doing the least and don't perform all that well. Sounds simple, but most of us tend to keep too many tasks that others can do as well or better and that they enjoy doing more than us. This means taking the time to show and explain what needs to be done. Of course if you don't take the time to delegate properly it will always seem harder and harder to manage your time and to be focused because you need to deliver too many things yourself.

One client I was speaking to recently said that he had over 200 items on his to-do list and that as he did some and crossed them out, new ones were being added daily.

So how focused are you? What does your picture of success look like? Do you know what needs to be the center of focus, that one point that all the other things in the picture are there to complement and bring out? Is the center of focus in your image sharp and clear? Is the picture cloudy and out of focus? Are there too many subjects in the picture vying for attention that cause the eye to be distracted?

Here are a few steps you can take to refocus your attention on the right things for your success. As we quickly approach the end of another year, it is crucial that we continue to be focused on our key priorities.

Step

How

Take time

Take time alone or with a coach to think & reflect on what is crucial in your life and work that needs to be the center of focus.

Create the image

Ask yourself what does success look and feel like? Create a clear picture of it in your mind. Make a drawing on paper if that helps you to see it clearly.

Find the center of focus

Visualize or map out your picture of success. See the end result that you want created as the center of focus, along with the supporting activities that will get you there. Decide which ones you need to work on and what you can delegate to simplify the image.

Focus daily

Keep the image and center of focus front and center in your mind. Make sure you are doing something everyday towards creating the image.

Evaluate

Evaluate daily your progress towards creating your ideal image of success. Are you satisfied? If yes, reward yourself somehow. If not, decide what you need to do to concentrate better and re-focus yourself.

Be determined

Combine clear focus and determination towards creating your image and ideal state of success. Read these quotes and others daily to condition your mind for success.

Quotes:

"The rays of the sun do not burn until brought to a focus." –Unknown

"Pictures help you to form the mental mold... Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and begin to build."
Robert Collier

"The difference between the impossible and the possible lies in a person's determination." Tommy Lasorda, Professional Baseball Manager

Article by Stephen Goldberg, sgoldberg@optimusperformance.ca