

TogetheriCan

31

October

FOCUSING ON WHAT YOU WANT – NOT ON WHAT YOU DON'T WANT

The *Law of Abundance* states that what you focus on is what is most likely to come about.

The Bible Said it First: (BSIF) Proverbs 23:7
“For as he thinks in his heart, so is he.”

If you are **focused on** the amount of **weight** you want to lose, where is your focus? **On the weight**, of course! So are you making it more difficult for yourself? Probably!

If you were to **shift** that **focus** to the **idea of Optimal Health**, then to reach that goal, the weight would automatically have to come off as part of the process.

Any time you spend time thinking about what you don't have, you'll get more of what you don't have. Think you can, or think you can't, you'll be right every time. You will prove to yourself what you think.

Become specific about what you want.

There is an old saying: **“Be careful what you wish for, you may get it.”**

You could let go of the idea of losing weight and just say, “I want my weight to be (xxx) pounds.” Now your **focus** will be **on the target** and not on how much or what needs to happen.

Develop a WHY after you have decided what you want. What is the reason for wanting what you want? If you have a distinct WHY, the How To's will fall into place.

If it is for reasons of vanity, someone else desires it for you, or it's just a whim, then it probably won't happen for the long term. People quit when the reason is not personal or substantial. Sometime individuals will reach their goals and then Yo-Yo back up. Doing it for the wrong reasons, are not long lasting because our forgetters are so good.

If it is a true **Heart Desire**, it will probably come true.

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September 16, 2017