

October 27, 2008



Just for Today

When you got up this morning, what did you take time to focus on for your day? Your week? Your business? Your life? Did you spend a few minutes meditating? Visualizing? Perhaps even praying?

OK, Angela, what's this all about? You are the business person, not the life coach. True. But what if I told you that goals are simply a tool to focus your energy - and that every day, if you focus on your goals - if you meditate and reflect, if you ask for what you need, your questions will be answered just by the sheer energy of focus. Whatever your belief, when you think of a flashlight compared to a laser, a breeze compared to a tornado, you've got to agree, focus is more likely to get things done than dreams.

Don't get me wrong; once you've found your focus you must do the work. All things come to those who wait, *providing they work while they wait*.

Just for today: stop what you're doing. Right now. Close your eyes and see the outcome you're aiming for. See it so clearly that the steps you need to take are obvious. Ask what you need to do to take the next step - THEN DO IT. Over, and over, and over again. Do it today, do it tomorrow, do it until there's nothing left to achieve. Focus - one day at a time.

A handwritten signature in blue ink that reads 'Angela'.