

Overcome Blocks To Your Focus:



- Feeling stuck will affect your focus. Ask yourself, what does “stuckness” feel like? Does it feel tight? Does it feel like a lid on top of you causing pressure? Does it feel like a boulder pressing down on you? Does it feel like being trapped in a small space? Keep asking, until you recognize what it is and it will slowly dissolve.
- Respect your body’s reactions. Are you feeling tense and agitated? What is your body responding to? What’s your body’s sense of what to do next? Is it giving you a message that something is coming up in your awareness? Maybe it’s helping you to bring your focus to a different direction.
- Focus on whatever gets in the way of your focus. It may be that you need to remove this obstacle first.
- Allow the “feeling” (that gets in the way) to expand. Let this feeling get bigger until you can recognize it and give it a name. As an example, if the recognized feeling is anger, ask yourself: what is all that about – the anger? Then “feel” what it’s all about.
- Don’t listen to your inner critic. Don’t respect this voice. It will focus you on how bad you feel and cloud reality.
- Ask these open-ended questions of yourself: What is really going on? What is underneath the lack of focus? What needs to happen to move through this?

In Choices, Frederic F. Flach writes, “Most people can look back over the years and identify a time and place at which their lives changed significantly. Whether by accident or design, these are the moments when, because of a readiness within us and a collaboration with events occurring around us, we are forced to seriously reappraise ourselves and the conditions under which we live and to make certain choices that will affect the rest of our lives.”

When you embrace the commitment to do something differently, you set a new course and your life will change as a result.

For a complimentary coaching consultation contact:

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