

Hi! I'm Gwen from **Always Brighter**, home of the "Better Feeling Thought" and the place to find inspiration to keep growing, learning and reaching for a brighter and more fulfilling life.



Today on The Brighter Side, we're talking about **the two F Words you need in your life**. The good news is that, yes, you can say them out loud in front of the kiddos. In fact, I encourage you to make them a staple in your everyday life, work or play.

So, these most important and life-changing F-Words are:

FOCUS and FOLLOW THROUGH.

Ok, so that's actually three words, one of which begins with a 'T', but there's no such thing as the alphabet police, so let's go with it.

Seriously, though. I have gone about my entire human existence plagued by the dastardly "Shiny Object Syndrome". I could never decide what to do, where to go, or how to do it. I particularly struggled when it was time to declare my major in college. I really thought I wanted to study Math and be a Math Teacher, then I took Calculus from a native German, couldn't understand a word he said and so decided that Math wasn't for me. Then I switched to Music out of desperation. Then I decided to major in Pre-pharmacy because I really didn't want to be poor. That one allllmost stuck, but then came second semester of organic chemistry. I got a 'C' on my first test and Yeah. I gave up.

<insert sad face emoji here/>

Along the way, I thought I might like to be a French major (having never had a day of french in my life). That eight o'clock class just about left me in the dust. I finally gave in and got my degree in Music Education (even though I hated the thought of teaching music). But since I could sing, and my voice teacher thought I'd be a great opera star, I went with it. I just wanted to finish college and not have wasted four- *er*- five years of my life and thousands of my parents hard earned dollars.

I didn't have a clue, and I didn't know what to do. I graduated and was lost as a Mack-daddy truckload of geese. I knew I was intelligent and could never understand why I couldn't decide on a path that inspired and excited me and stick with it.

Years later, I took the Myers-Briggs personality test and got to know myself a bit better. I discovered that this was truly an aspect of my personality, and I could actually tap into it and use it as a strength. What a relief.

The biggest lesson I learned was to not feel that by making a choice, it meant forever. I could look at life as chapters or seasons instead of one and done. What serves me in this moment might change in five years and that is ok.

But...

What IS important is that I choose to focus on my current path with my whole being and follow through with every ounce of energy and power that I have right now.

(BTW, I'm so glad I'm not standing behind a counter counting pills today.)

John Lee Dumas, from the popular podcast, Entrepreneur on Fire, has a great acronym for FOCUS.

Follow One Course Until Success

You can't ever be a success if you don't give yourself the opportunity to stay the course.

If you are constantly changing your mind, switching directions, never allowing yourself to reach your full potential, you will never experience the truest and sweetest fruits of your labor. You'll never know how far you can go and how many lives you can touch in the process. You'll paddle upstream until your arms are limp, wet noodles, exhausted by the struggle.

Don't worry if you still don't quite get it. I didn't. I listened John say this for months and months and, though I understood it in my head, I couldn't quite get it with my heart.

God will send you the message over and over again until you do. About a year ago, I stumbled across the book, *The One Thing* by Gary Keller. Reading this book, I finally got it. I figured it out, and I realized I was onto something.

There are so many little details that pull at you during the day over the course of the week. By knowing your One Big Thing, you can ask yourself how each little thing contributes to the big goal and figure out if it's driving you there or if it's just another time-waster, sidetracking you.

It's all about Focus.

But you can't just know what you want and sit staring at your vision board waiting for it to happen.

You have to take action and make it happen. You have to follow through with what you know will take you closer to accomplishing your One Thing. It's the getting up *everyday*, eating the right stuff *everyday* or making those calls *everyday* or practicing those moves over and over *everyday* until it becomes real and right.

You can't wait for the gold in the mountains to come rolling toward you. You have to get out there with your pickaxe, mine it and refine it.

What my focus right now? Writing and taping my weekly show, The Brighter Side. How do I follow through? I take my i-pad with me and sit in the carpool line writing for an hour everyday. Yes. I have to get there an hour early, so I might as well use it to my benefit. And it's awesome because there are literally no disruptions. There's no TV, no slobbery black labs, no dishes to think about, and no lovely, but somewhat needy people, to distract me.

It's just me and my iPad and my thoughts, following through on this calling to encourage and serve with these words that my bright, sparkly muse sends.

If you struggle with focus. I get it. I still want to do stuff that has nothing to do with my big thing. I still get sidetracked, but it does get easier.

So when that shiny object comes to distract you, making you think that maybe you are on the wrong path (which is probably your fear-mind talking) just put those blinders on, and focus on focusing.

It's the answer to the question of why things aren't the way you want them to be. You deserve to have your best, most ideal life. Be kind to yourself, taking one day at a time, being present in what you are doing, and you will not fail.

Now, it's time to take some action! **Right under this video, in the comments, let me know what is the ONE BIG THING you need to focus on right now.** Then, stay around a minute and encourage your fellow Bright-Siders with sweet hi-fives in the replies.

Thanks so much for watching, and I'll see you next time on The Brighter Side!