

# FOCUS FOR A HAPPIER LIFE?

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If you want to achieve extraordinary results and fulfillment in life, you must begin at the center source of all your choices, decisions, feelings and experience —

## **Your Focus**

Although we may believe we are constantly driving the direction of our focus, the uncomfortable truth is much of our focus time is spent dwelling on what we don't want or fear may happen. By allowing ourselves to imagine or preemptively feel negative outcomes, we inform our bodies and minds to prepare for exactly this — what we don't want, rather than what we do.

### **The first force that truly controls our life is the primary decision of Focus.**

Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on improving and mastering a single area of our lives.

What do you tend to focus on more? What you can control or what you can't control? What you have or what's missing? The past? The present? Or the future? The honest answers to these questions will reveal your true pattern.

Before you can create a new system of thinking, you need to a true determination of where your focus is being directed, what feelings this creates and what choices you're making as a direct consequence.

Decision is the ultimate power we all possess. By understanding the Three Core Decisions each of us makes every moment we're alive, we grant ourselves the capacity to empower and advance or frustrate or derail ourselves, depending on what choice we make.

Enjoy this free comprehensive report and learn how you can create a vision for the life you desire, by harnessing the power of FOCUS!



WHAT DO YOU FOCUS ON?

*What you can control?*

*or*

*What you can't control?*

# Do you focus on things that you have a passion for or things you fear?

**Whatever you focus on, you experience — energy flows wherever your focus goes.**

If you're constantly directing focus on what you can't control, you will feel some combination of frustration, anger, anxiety and fear — and these emotions become your experience. Remember, it's unhelpful to constantly focus on what's wrong or missing if your desire is to make it better. Unless you're taking action to create real change, you'll have no chance to sustain joy unless your focus is directed toward your goal.



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# The Fact:

Unhealthy stress comes from worrying about things beyond your control. Just consider the physiological and emotional toll it can take on your body: <sup>1</sup>

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## Body:



Headache  
Muscle Tension or Pain  
Chest Pain  
Fatigue  
Change in Sex Drive  
Stomach Upset  
Sleep Problems

## Mood:



Anxiety  
Restlessness  
Lack of Motivation or Focus  
Feeling Overwhelmed  
Irritability or Anger  
Sadness or Depression

## Behavior:



Overeating or Undereating  
Angry Outbursts  
Drug or Alcohol Abuse  
Tobacco Use  
Social Withdrawal  
Exercising Less Often

# You Need To Take Back Control

Focusing on variables beyond your control is a drain on your time, thoughts, energy, emotions and mental clarity. Happy people practice conscious awareness of what's beyond their control and don't allow it to create stress. When an outside event affects their lives, they quickly discern "Is this something I can control? Or, is this truly something I cannot control and cannot influence?"

Many of us habitually react and attempt to control the events around us. Though we can have an influence on many events and may control them to some degree, the only aspects in life we have control over are our emotional responses, decisions and actions.

Consider all the factors you cannot control, but that you may exercise influence over. For example, the opinions of those you care about most or the discussions you might have with your peers at work and with other events that fall within this purview. However, you must be realistic about the things you absolutely cannot control, such as other people's opinions and actions — no matter how hard you try.

**EXERCISE:** Whenever you find yourself feeling out of control, ask yourself:<sup>5</sup>

1. How can I focus my energy on those things I can control and influence?
2. What empowering meaning can be drawn from this event? How do these meanings contribute to a life that is not only fulfilling for me, but that's also beneficial to others?
3. What steps do I need to take to let go of the things that are causing me to experience and perpetuate stress?



WHAT DO YOU FOCUS ON?

*What You have?*

*or*

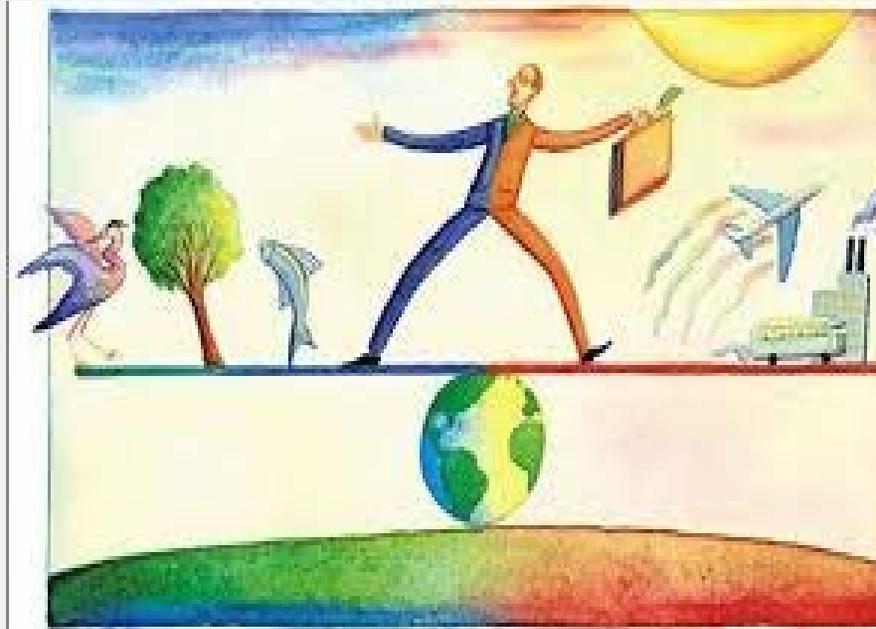
*What You Don't Have?*

# “What you imagine and feel you have you will achieve” – Alison Thomas

**Some people respond to the world by finding sameness.**

They look at experiences and events and see what's present, what's correct and what's working well. They're called “matchers.” Other people are “mismatchers” — they primarily take notice of what isn't present, what's different or what's wrong. While both types notice different aspects of the same experience, both are still moving toward their goals, albeit from different directions.

Learning how to maintain a neutral viewpoint will allow you to identify both the positive and negative, without allowing your focus to drift and dwell on what you can't control and don't want for yourself.



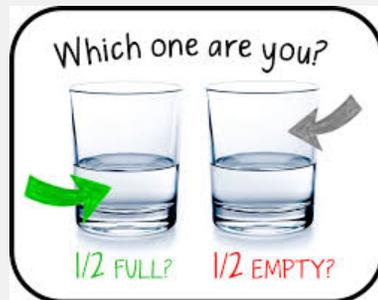
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# The Fact:

A glass half full benefits your life.

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When you focus on what's missing from your life, you will be left with feelings of emptiness and unhappiness. In order to catch yourself, it is important that you recognize the most common traits and beliefs of unhappy people.



Here are seven pitfalls to avoid:<sup>2</sup>

1. Belief that life is hard
2. Belief that people can't be trusted
3. Concentration on what's wrong versus what's right
4. You compare yourself to others and harbor jealousy
5. You strive to control everything in your life
6. You look toward the future with worry and fear
7. You fill your conversations with gossip and complaints

When you focus on what you do have, you will experience true gratitude. Training yourself for gratefulness will create endless opportunities for you.



Here are just seven benefits of gratitude:<sup>3</sup>

1. Opens the door to new relationships
2. Improved physical health
3. Improved psychological health
4. Enhanced empathy and reduced aggression
5. Better, more satisfying sleep
6. Improved self esteem
7. Increased mental strength

# Get Yourself Grounded

The key to a happier life and achieving your goals is to understand that while you don't have control over many of the universal forces that bring about change, you do have control over how you respond to this change and what you choose to focus on.

One of the simplest and most intuitive tools we can use to navigate through life is the ability to understand the Spheres of Influence: the three primary areas of activity that make up our lives.

**Sphere 1:** Work – your profession, career, or the work you are compensated to do.

**Sphere 2:** Self – your mental, physical, spiritual and emotional growth and well-being.

**Sphere 3:** Relationships – your family, friends and community.

Like the legs of a three-legged stool, the three Spheres of Influence are all necessary to maintain stability. All three represent important facets of life and one sphere is not necessarily more or less important than any other.

The key is to learn how to balance these three spheres in a way that is unique to your needs but also allows you to change and progress over time, allowing you to feel happy rather than empty. By identifying the unique relationship between these 3 spheres for yourself, you will be able to focus on what you have in your life and on where you want to go, rather than what you don't have and where you are.

## ACTION PLAN:<sup>5</sup>

1. Take a moment to draw what you think your three Spheres of Influence look like right now—which is bigger and which is smaller?

**See example below:**



2. Then, ask yourself, is this where my Spheres of Influence need to be for the stage of life I am in right now? Is there one that's being neglected? Or one that is dominating too much space? How might you need to change your Spheres to create more balance and a larger sense of control?

The idea is to understand where your Spheres of Influence need to be in your particular stage of life to support you. As your responsibilities grow in each of these spheres, maintaining a healthy balance is the crucial ingredient to creating success and preserving your sanity.



WHAT DO YOU FOCUS ON?  
*The past?*  
*The present?*  
or  
*The future?*

# The truth is, we don't actually see the world as it is, but as we are in the present.

**What this means is, our experience of events is always a reflection and outcome of our emotions and feelings state at the present moment.**

The accumulated meaning you assign to everything in your life defines your meaning of your life. The words you commonly use to describe your present, past and future constantly create and reinforce the reality you live in. If you portray or see yourself as down and out, broke, victimized, a loser, or never having any luck, you'll be that in your life. Your focus will direct you toward situations and choices that will make this meaning true and you will take action and make decisions to ensure only negative things will continue to happen!

However, if you cast yourself as the powerful master of your destiny, you'll become that too. Although we can't change or rewrite our personal biographies at this point in our lives, we can rewrite the stories we tell ourselves starting immediately and greatly expand what's possible and likely for our futures.

To achieve anything, you first think of the future, you must envision it, you must plan it, and then you must go after it. To enjoy things, you have to come to this moment – the present. The past is just a collection experiences to learn from, and perhaps, sometimes, you will enjoy fond memories and recollections.



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# The Fact:

Be honest with yourself. Where is your Focus?

Learn the key characteristics of people with each of the following focuses:<sup>4</sup>

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## Future-Focused People



- Future-focused people are driven by goals.
- They make decisions based on the anticipation of future consequences using if-then reasoning. They are not prone to taking risks.
- They are able to avoid temptations and distractions that are perceived as short-term fulfillment or time wasting.
- The future-oriented person is unable to enjoy present, transient, leisurely activities and experiences.

## Present-Focused People



- Seek immediate gratification while ignoring or minimizing the abstract qualities that exist in an anticipated future context or a remembered past context.
- They give in easily to temptation.
- They enjoy all things that bring immediate pleasure and avoid things that involve much effort, work, planning, or unpleasantness.
- They tend to be narrowly focused on what is rather than what might be, or used to be.
- Present-focused people tend to be more self-indulgent and playful.

## Past-Focused People



- They are able to distance themselves from the reality of the immediate and instead focus on their obligations.
- These people tend to be conservative and concerned over maintaining the status quo, whether it is really good or bad for them.
- They are not impressed by new, different, more efficient ways of doing things – they are suspicious of and fear them.
- Rituals and myths play important roles in their lives as do traditional or fundamental values.
- They do not take risks and are not adventurous.

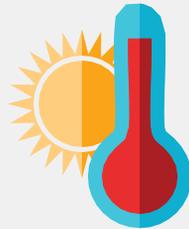
# Understand the Seasons of Life

No matter how you look at life, in the past, present or future, it is important to recognize life's natural ebbs and flows. When experiencing a high or a low, remember that like the seasons nothing is permanent. Winter, spring, summer or fall is just right around the corner. By being aware of the seasons of life, you can prepare for and gauge where you are at present as well as anticipate where you're likely headed in the future. These personal seasons do not have to be in time with the physical seasons, it's more about what time of your life they symbolize.



## Spring

Things are born and they begin to grow.  
New goals  
affirmations ideas.



## Summer

Things continue to grow and mature.  
Consistency  
passion.



## Fall

Things reach their peak and begin to transform.  
You are living your life's goal.



## Winter

Things begin to sleep or pass on. Their passing makes the next spring possible. A new goal idea transistion.

Understanding the seasons is the first step, but the key is in the application. What happens if you plant seeds in the winter? You don't reap the benefits. The principle is simple – you must do the right thing at the right time. If you do the wrong thing at the wrong time you will not be rewarded. Master this and you will learn to thrive in any season.

# FOCUS on creating a life you deserve and desire<sup>5</sup>

Quality questions create a quality life. They direct our mental focus and therefore determine how we think and feel. The key is to develop a pattern of questions that empower you.

The following questions are designed to help direct you focus and help you experience more happiness, excitement, pride, gratitude, joy, commitment and love every day of your life.

1. **What am I most happy about in my life now?** What about that makes me happy? How does that make me feel?
2. **What am I most excited about in my life now?** What about that makes me excited? How does that make me feel?
3. **What am I most proud about in my life now?** What about that makes me proud? How does that make me feel?
4. **What am I most grateful about in my life now?** What about that makes me grateful? How does that make me feel?
5. **What am I enjoying most in my life right now?** What about that do I enjoy? How does that make me feel?
6. **What am I committed to in my life right now?** What about that makes me committed? How does that make me feel?
7. **Who do I love? Who loves me?** What about that makes me loving? How does that make me feel?

**If you really want to create a shift in your life, make this a part of your daily ritual. By consistently asking these questions, you'll find that you access your most empowering emotional states on a regular basis, and you'll begin to create mental highways to happiness, excitement, pride, gratitude, joy, commitment and love.**



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