

Inspirational Emails

Pay Attention: Asserting Your Consciousness and Maintaining a Laser-Like Focus on Success

Nathaniel Brandon defines consciousness as:

"Living consciously is a state of being mentally active rather than passive. It is the ability to look at the world through fresh eyes. It is intelligence taking joy in its own function. **Living consciously is seeking to be aware of everything that bears on our interests, actions, values, purposes, and goals.** It is the willingness to confront facts, pleasant or unpleasant. It is the desire to discover our mistakes and correct them. Within the range of our interests and concerns, **it is the quest to keep expanding our awareness and understanding, both of the world external to self and of the world within.** It is respect for reality and respect for the distinction between the real and the unreal. It is the commitment to see what we see and know what we know. **It is recognition that the act of dismissing reality is the root of all evil.**" (The Art of Living Consciously: The Power of Awareness to Transform Everyday Life, A Fireside Book: Simon & Schuster, 1997, p. 11)



Assert Your Consciousness!!!!

- **Be mentally active**, not passive.
- Seek to look at the world around you with new eyes: **constantly seek a fresh perspective.**
- **Be aware of anything and everything that may affect your outcomes:** your intentions, your actions, your values and your beliefs.
- **Face facts**-especially ones that make you feel uncomfortable.
- **Learn from your mistakes.**
- Better yet, **learn from the mistakes of others.**
- **Expand the field of your awareness**, internally and externally.
- Ask yourself:
 - *What might you be seeing that you are choosing not to see?*
 - *What is being said that you are choosing not to listen to?*
 - *What do you know that you are pretending not to know?*
- **Stay awake.**
- **Think**, concentrate, ponder, consider, reflect...**THEN ACT!**

Maintain Laser-like Focus!!!

- **What is the outcome of this project?** *Focus.*
- **What is the outcome of this conversation?** *Focus.*

- **What are the outcomes for this particular juncture in your career path?** *Focus.*
- **What is the overall outcome of your career?** *Focus.*
- Before you sit down in that meeting, **what are the outcomes and how will you know when you have attained them?** *Focus.*
- **What is the outcome of this particular investment, of that particular expenditure?** *Focus.*
- **What results do you wish to achieve by Friday of this week?** *Focus.*
- **What is the outcome of your day off, your holiday, or your time with loved ones?** *Focus.*
- **What "impossible" things do you intend to accomplish by the end of your life?** *Focus.*
- **What is the goal, the outcome, the results...what is the point of it all?** *Focus.*
- **What do you want? What is missing? What are you going to do about it?** *Focus.*

Focus! Focus!! Focus!!!

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