



MONDAYS

with Mike

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Energy flows where the attention goes!

In a recent leadership post from Dwight Mason, he shared the opening quote.

"The underlying message is the concept of focus. The more focused we are, the more effective we'll be. There is incredible power in focus. What we focus on, we move toward and become more like.

Another quote that he shared was, "The secret of change is to focus all of your energy not fighting the old but building the new."

When we focus on problems, we have more problems. When we focus on possibilities, we have more opportunities. Successful people refuse to let distractions get in their way.

The simple reality is: "If we can't focus effectively, we can't think effectively."

Focusing on the right things can transform our lives. This week, let's laser in on what is important in our families, our relationships, and our health. I think we will like what we see when we eliminate distractions and find clarity and purpose. Our "energy flow" will yield results that we can honor and celebrate in a lasting way!

Have an attentive and energetic week!