

ATTENTION

ATTENTION IS REQUIRED FOR ACHIEVING DESIRED RESULTS

1. Attention is the act of focusing energy.
2. Energy follows focus and makes real whatever “mind picture” is in focus.
3. Energy is always available and focused. It is not a question of “if” energy is focused, but “who” directs the focus and on “what.” Either we direct our focus by choice or our “automatic pilot” takes over. Energy follows focus.

ACHIEVING DESIRED RESULTS REQUIRES PURPOSEFUL ACTION

4. Purposeful action consists of willingness and ability.
5. Willingness is a function of intention and personal power.
Intention comes from knowing our purpose and the results to be achieved as expression of our purpose. Maintaining clarity of purpose in action requires attention. Energy follows focus.
Personal power ... we already have. It's true. Believing this is a choice. All personal power is choice in action. Consciously exercising the power of choice requires attention. Energy follows focus.
6. Ability is a function of knowledge and action. Gaining knowledge is relatively easy. Effectively applying knowledge in action requires attention. Energy follows focus.

PAY ATTENTION TO PROCESS

7. All interaction consists simultaneously of content (“what”) and process (“how”).
8. How we do things determines what results we get.
9. Attention allows us to “see” and influence process and therefore results. Energy follows focus.

ATTENTION EXISTS ONLY NOW

10. Only the present, now, is “real”. The past and future are abstractions.
11. Plans for the future and remembrances of the past are only reminders. Attention and action, the process of managing energy, exist only NOW. Energy follows focus.

ATTENTION IS ALWAYS A CHOICE

12. If you are not now focusing your attention so as to get results you desire ... choose again. Energy follows focus.