

Keeping a positive focus

Have you ever looked through the lens of a camera? Of course you have. You take the camera, point it at what you want to take a photograph of, and then either you (or the camera) focuses on the object. When the object is in focus, you push the button, and the photograph is taken.

As a photographer myself, over the years I've noticed that while most people can push the button, there are quite a lot of people out there, either because of the camera they're using, or the way they use it, who skip the part where you focus on what you want to be in focus.

And that's the way many of us are in life, too.

For whatever reason, many of us lose focus – or never really gain it. We don't ever really put our sights on where we want to be – what we want to achieve. Instead, we leave everything a bit fuzzy.

In order to attain everything we need in our lives, we need to have focus. Just like in the camera, we need to dial in on those areas that are most important to us – whatever those areas may be.

Just as the photographer **chooses** the way the photograph will look, so should we choose the way we want our life to look. We choose what areas are in focus, which parts are highlighted, what items are diminished.

We bring the important areas into focus, and by focusing on them, give them clarity. At the same time, by choosing what to sharpen, we choose to fuzz out the unimportant areas, so they're not distracting to us.

This is the way life needs to be.

There are so many things going on in our lives, that if we don't employ some sort of selective focus – even if that focus changes from time to time – we lose all effectiveness. We become paralyzed by the minutiae surrounding us, and lose track of the important things in life.

Focus – on your goals, your desires, your dreams, your needs. Fuzz out unimportant things – let them fall by the wayside. Select your view according to what you want it to look like – and then actively work to put your viewpoint into reality.

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