



# GET YOUR FOCUS ON

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# NEW MINDSET

# NEW RESULTS

*In times of crisis, our minds can get, well frankly, out of whack!*

*At this moment, most of us are home with kids, spouses, pets and whoever else was in the house when we needed to “shelter in place.”*

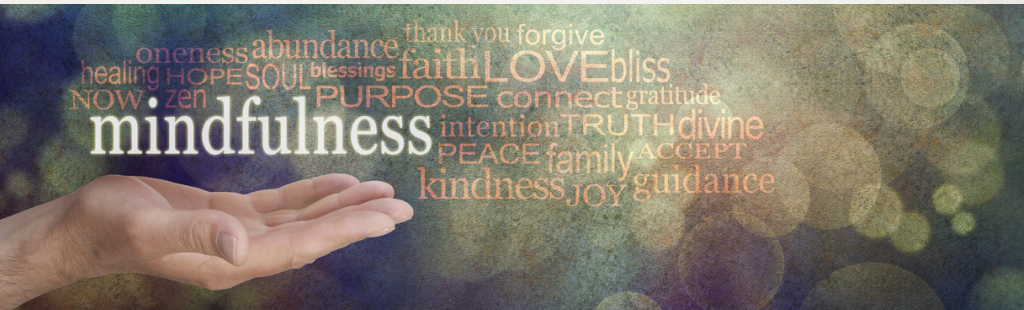
*Our routines are upset. Working mothers have become homeschooling teachers in the blink of an eye. That’s not stressful, right?*

*Even those of us who don't experience anxiety, overwhelm and worry have found our minds are constantly dwelling on the*



*“bad news” that permeates our television, our social media, and the airwaves in every form.*

*It can feel like we have stood still. Some of us, no lot's of us haven't got properly dressed for weeks, nor bothered with hair and make-up, let alone be able to concentrate on our job, or form of income.*



*Our minds are trying to protect us, but really are reacting to fear that's come into our thoughts.*



*It's our brain's job to alert us to fear, but our mind can decide when enough is enough and we need to pivot out of fear into possibility.*

*We need to attract possibilities and opportunities in the midst of things we cannot change.*



mindful

*Take the time to feel your disappointment, but then move on my lady, to the place where you need your mind and feelings to be to attract everything you dream about.*



*So, what do I mean by “attracting?”*

*Attracting just means what you’re focused on you will create, because what you’re focused on happens in your life.*

*And, that that brings up another point.*



*What if you've got a situation or a person in your life that is upsetting, and you can't get your focus off that?*



*Then, unfortunately, you will keep circling that problem, unless you change your focus!*

*That brings me to "how do you change your focus when the upsetting thoughts keep bombarding you?"*



*I'm not going to tell you it's easy,  
because it isn't, but you can learn a  
few tricks that can allow you to see the  
problem, but not get sucked into the  
problem.*

# Problem Solution

*What catches your focus?*

*Is it really good things in your  
life?*

*Or is it things that stress you?*

*Do you beat yourself up over silly things? If you're nodding your head to any of that, then I can tell you I've done all that.*



*What I did find was what I was stressing about sometimes never happened. It was just a worry in my mind. If I was focused on not having enough time to do what I needed to do, guess what? I didn't have enough time, in fact, often I seemed to have less.*

*You stay focused on what you want,  
not what has happened and make  
small positional moves to keep the  
flow going in the right direction.*



*You see, you cannot focus on two things  
at once. When you keep your focus on  
what is derailing you, you cannot focus  
on making those moves to get you back  
to fulfilling your goals, dreams and your  
passion.*

*It's what happens  
when you have a  
knee jerk reaction.*



*Like, there wasn't  
any pause between  
the incident that  
offended you to the  
reaction you had.*

*I actually had one  
the other day, not  
that I'm proud of it.*

*I did recognize  
straight away what  
I'd done and knew  
why I did.*



*It was from habit. A hard wired old reaction that was still lurking down in my brain. I've worked very hard to change that pattern, but when the perfect storm occurred, it reared up and took over before I had time to pause, or think.*



*The result of this is I had to be very mindful over the next couple of days and keep focused on what I wanted not what I didn't want with my thoughts, feelings, actions and results.*

*What does being stuck actually mean? How do I define “being stuck?”*

*How do I know I’m stuck?*

*Stuck is simply not going forward, and not looking forward.*

*You see, you can’t stay thinking the same thoughts in the same patterns, and moving forward at the same time.*





*You can only be in one place in your  
mind at one time.*

*What you are currently saturating  
your mind with is what you are  
attracting to you, and what will be  
dominating your thoughts, emotions,  
physical and spiritual parts of who  
you are at right now.*

*So many times I hear the words, "I want to achieve this in my life, but I can't make any progress."*

*Have you ever read that children's book "The Little Engine That Could?" If you haven't then maybe you don't know that the the little engine never thought he couldn't!*



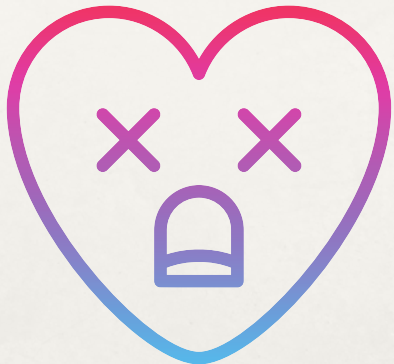
*That's a lot like life! Did you know that it's the mind and thoughts running through our minds that stop us from achieving what we want?*

*It's also easy to stay in emotional patterns that not only don't serve you anymore but have become a hindrance and a block to living in joy and happiness.*



*Do you ever have “those” days? Like, the ones where you just feel like you need a reset? Don’t you hate that? I do.*





*I can tell you “those” days are  
the ones where I feel like I’m  
never going to get what I want  
or achieve anything.*



*Of course, that’s rubbish! It’s  
the funk we’re in or the mindset  
we’re in at the time that’s  
telling us that. Why do we  
choose to listen?*

*Because, there's a part of the brain that's been conditioned to believe those thoughts that are running through our mind.*

*What if you didn't have to have those thoughts as well as those feelings of dread and despair?*



*You have the choice to believe you can or you can't.*

*It's not just by thinking positive,  
it's by doing small positive steps,  
one at a time.*



*It's by choosing what's  
ahead, and not what's  
behind. It's wanting to  
change.*



*It's not only WANTING to  
change, but it's also DESIRING  
to change enough to BELIEVE  
you can.*

The background of the entire image is a silhouette of a woman's head in profile, facing right. The silhouette is dark and blends into a warm, orange-gold sunset or sunrise sky. The sun is visible as a bright, glowing orb behind the woman's head, creating a halo effect. The overall mood is inspirational and serene.

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***Kate is a Law of Attraction Life  
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***She is the creator of 7 Essential  
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