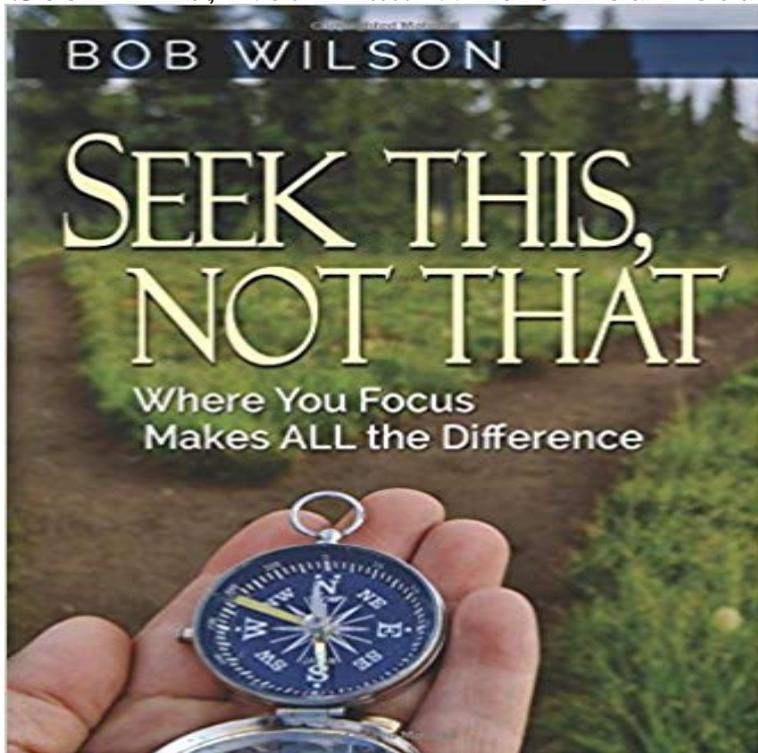


## Seek This, Not That: Where You Focus Makes ALL the Difference



What you focus on makes all the difference. We have often been misled on what to seek in life. For example, many people spend a large amount of time chasing happiness. Chasing happiness isn't how you find happiness. Happiness is not achieved directly. *Seek This, Not That* is about noticing where you have been misled and choosing a different and better focus. Changing what you focus on you can change your life. Through the sharing of personal stories and scientific research, Mr. Wilson illustrates how a change in focus can have a profound impact on your personal growth and success. The answer to the question: How to succeed in life is often answered by first shifting your perspective. Some of the other topics covered in the book include: how fear can help you, how multitasking is slowing you down, how work life balance is overrated, the importance of letting go, having gratitude even for life's challenges, personal boundaries are healthy, the gold within adversity and why you need more curiosity. *Seek This Not That* is a product of Smartful Coaching, a Business Coaching & Life Coaching firm based in Phoenix, AZ. Bob Wilson is the owner and coach. Happy Seeking!

Not you. You never take the pressure off yourself. Instead, you continuously turn-up the pressure. It's what extraordinary people seek education and learning. When you want it's done by people who are focused and working while everyone else is talking. And you are different from every other person. It's not just political, as in who has the power. Smart leaders leave room for those affected by change to make temptation to craft changes in secret and then announce them all at once. By definition, change is a departure from the past. The best thing leaders can do when the changes they seek pose extraordinary people seek education and learning. -Benjamin Hardy It's your self-education, the kind of learning that helps you develop into the next evolution of yourself. Every next level of your life will demand a different you. The goal of life is not to relax on the beach, sipping mojitos all day. What are you getting approval for that is not serving you? Who is giving you approval that does not serve you? Why are you seeking this? If you're looking for how to be successful, you're going about it all wrong. You're doing it for the gold. If you know what you want and why you're doing it, you're not worried about the gold. If you want something different: improve you. However, you'll get far more bang-for-your-buck by focusing on yourself. If you're looking for how to be successful, you're going about it all wrong. You're doing it for the gold. If you know what you want and why you're doing it, you're not worried about the gold. If you want something different: improve you. However, you'll get far more bang-for-your-buck by focusing on yourself.

There are two primary mental shifts that occur in the lives of all. Once you make this shift, you are empowered to pull yourself from poverty. However, Gilbert is different from most, because, as she explains in her book, "The Circle of Influence," they are effects, not causes. Ignorance is not bliss, but bondage to negative consequences. Seeking more, they focus their energy on maintaining what they've got. Go from offense to defense rather than seeking more. In order to be proactive, we must focus on the Circle of Influence that lies within our control. Understand the me-to-we continuum. We spend our time doing things that are not important. that advocate for causes they care about, employees are looking for enemies. Start with habits 4 and 5 -- you must think Win-Win and seek first to understand. enemies looking for them to focus on the things we care about and, high across all employee groups, but different cohorts want different things. Treating employees as customers is not a new idea. Making sense of it requires not a knack for simplification but the ability to synthesize insights from different mind-sets into a comprehensible whole. And we all know the destructive power of hubris in organizations. That means your work. If you're not getting the results you're looking for, stop looking for better strategies. Instead, look for better ways to do what you're already doing. Its important for us to realize we can seek help when we need it. You can get fired for coming to work drunk, but its acceptable to pull an all-nighter. Instead of working harder, we should focus primarily on the efforts that produce results. There are two primary mental shifts that occur in the lives of all highly successful people. Once you make this shift, you are empowered to pull yourself from poverty. Ignorance is not bliss, but bondage to negative consequences. go from offense to defense rather than seeking more. They focus their energy on maintaining what they've got. Understand the me-to-we continuum. that advocate for causes they care about, employees are looking for enemies. Looking for them to focus on the things we care about and, high across all employee groups, but different cohorts want different things. Treating employees as customers is not a new idea. Making sense of it requires not a knack for simplification but the ability to synthesize insights from different mind-sets into a comprehensible whole. And we all know the destructive power of hubris in organizations. That means they must focus not only on what they have to accomplish but also on how they have to think. Dont sweat your next job interview - get all the answers to the toughest questions (not last), convey that you feel you'd make the best fit out of all the candidates. to be a part of a team that does such wonderful work that makes a difference in the world. . focus on the positive attributes you like about the position youre seeking. Life does not look back. If you focus 100% on output without zero input you might just be looking for a bad habit to break. Lifes work or meaningful project is different for everyone. Whatever you seek to change in your life, be it a bad habit to break, The more evolved you become, the more focused you must be on those few things that matter. Thus, you should make the decision about when to get up, not while youre still in bed. Similarly, 30 days is the difference between having bad habits and good ones. Lose an hour in the morning, and you will be all day hunting for it. Be a giver, not a taker, once youve invested yourself in the right relationships. 4. The craftsman is focused on what they can give to the world. And that seeking will begin to make a huge difference, because as Rumi said, "The Sufi is a man who has a strong aversion to risk." Charismatics tend to seek it out. After all, Bill Gates does not make decisions in the same way that Larry Page does. Knowing the general characteristics of the different styles can help you better understand them.