

Focus on the outcome

Focus on the solution, not the problem.

Say you have a goal in mind, it can be personal or career-related. The more you can focus on the outcome, the better.

Spend a few moments today thinking about something that you want, or something you want to achieve. Imagine yourself already at the goal. Notice how your body feels when you imagine the goal completed. The more we can imagine being at our desired state, the easier it will be to achieve it. This is not the time to allow yourself to say “yeah, but...”. This is the time to believe in your ability to get where you want to go.