

## **Chasing Rabbits**

*by Doug Firebaugh*



Have you ever tried to catch a rabbit? Not the easiest thing to do! Most of us try to chase two, three, or four everyday in our lives, and it causes stress, anxiety, pressure and loss of momentum in all we do. It's called . . .

Lack of **FOCUS**.

Do you know what the word **FOCUS** stands for?

**F** - Follow  
**O** - One  
**C** - Course  
**U** - Until  
**S** - Successful!

Simple, but profound! One course, one path! One goal, one action! We all do the opposite a lot during the course of the week. How does that happen?

It's called the "**3 Ds**" of Killing Focus:

### **Distractions-**

Life can be a distraction if you let it, with all that can demand your attention, but most demands are not dominant needs. This creates . . .

### **Distortions-**

The important things that you need to be doing become distorted in your mind as less important; and the things that you don't need to be doing become distorted and bigger in your mind - as "must-dos," and that leads to . . .

### **Destruction-**

Piece by piece, minute by minute, task by task, you start destroying your day's results and power with a destructive non-focus, and before too long, a string of days put together with the "3 Ds," ends up as . . .

### **Disaster-**

You are not creating the results in your life because you are letting outside events control your inside empowerment. You lose power by chasing rabbits that not only will not be caught, but also don't need to be.

Secret: Do one thing at a time -- and nothing else -- until that one thing is "caught," or done.

The other stuff can wait if it is distracting you from the main thing . . . success!

The main thing . . . is to keep the main thing . . . the main thing!

**FOCUS!!!** If you do, you will...

**F** - Find  
**O** - Ongoing  
**C** - Consistent  
**U** - Unlimited  
**S** - Success!