



5 Minute Clarity

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“If you don't like how things are, change it! You're not a tree.” – Jim Rohn

Why You Don't Get What You Want

The answer is found in two simple words:

Toleration & Focus

Over 3 years ago, I purchased our current house. One area of the home that never impressed me was the back yard. For 3 years, I tolerated the poor grass, garden boxes, and uneven grade. I tried several self-remedies to make things better, all of which yielded slight improvement, but not close to what I truly wanted. **This is toleration** at its best.

I wanted a magnificent yard with clean sight lines, even grade and beautiful grass to play on. My frustration with my toleration led me to make the most important decision ever... time for the back yard to change. Even more important, I realized I was not the one to do this and I began taking action to find professional expertise to get what I wanted. **Decision is where all focus begins.**

Process vs. Results of Change

You often get caught up thinking more about the process versus the results of change. When you focus on the results, you begin to take action. Taking action provides feedback. Feedback helps you move toward better results.

The major challenge is that **change is harder on the mind than on the body**. Put your focus on the results of the change versus the process of the change.

Once I focused on my decision, I interviewed several landscapers. I selected the best one and voilà! My yard was transformed in 3.5 days versus the 3.5 years I tolerated the state of the back yard. Amazing & satisfying.

POINTS TO CLARITY

What are the top 5 things you are tolerating in your life right now?

1. _____
2. _____
3. _____
4. _____
5. _____

Which toleration above would have the biggest payoff if it improved tomorrow?

What do you want to see different?

What is the result of change that you would like to see in this situation?

Time Freedom / Happiness / Wealth / Love / Health / Joy / Peace / Productivity...

Who can you turn to for advice or support in taking the next step towards the result of the change you seek?

DECISIONS & ACTIONS I WILL COMMIT TO: