



Understanding the Power of “Focused Intention”

Piper Abodeely, MA, Principal

Understanding the power of focused intention can mean the difference between a life of lack, hardship, fear, anxiety and struggle, or a life filled with joy, satisfaction, profound peace, limitless possibility and fulfillment. Focused intention could, in fact, be the single most important aspect of any success.

What is focused intention? Focused intention is a practice that is aligned with the concept that what we choose to focus our attention on is what expands, grows, and is ultimately drawn into our lives. It is cemented in the belief that we have the choice and the power to manifest what shows up in our life and how we react to it.

When I became aware of the power of focused intention and understood how it could support me from the inside out, my goals began to actualize. When I kept focused on my direction, I had more clarity of the next right move...and the right person would show up to help, the next idea would appear and the next door would open.

How did I shift my focus? I learned to catch myself when my thoughts were turning negatively away from what I wanted to bring into my life. I would consciously shift my thoughts to the positive and what was possible. I would refocus and re-align my thoughts towards the direction I wanted to move, or the space I wanted to create.

When negative thoughts popped into my mind about how my business was going to fail, or how I wasn't going to get any clients, I would stop, get out of the past, refrain from moving into the future, and stay present—in the now—and move to being grateful for what I had in the present moment. And while this is not easy, it is a vital step to understanding the power of focused attention.

The Power of focused intention can play an integral part of our lives if we allow the space to see it manifest! This spring, we invite you to take the time to reflect on what is working in your life, what is challenging, and what you want to see change as you transition into this next season. We have a choice, we have the control, and we have the ability to affect personal change. This is your time, this is your life!

Piper Abodeely :: Principal

“Our thoughts and focused intentions can affect physical reality that we perceive. However, most people don't affect reality in a consistent and substantial way because they don't believe they can.”

Don't make it complicated. If you simply remain committed to your objective, knowing deeply that it's already yours, the specifics of how will begin to emerge. This is the power of understanding and believing in the power of focused intention.

Learning from the Past while not living in the Past

Peter Olson, MA, Consultant

Images from the recent Winter Olympics are still fresh in my mind—terrifying crashes, missed landings, failed applications of race strategies and routines, and the “agony of defeat” evident in the faces of many. At the same time, I vividly recall amazing mid-air recoveries, stuck landings, flawless routines and races, and ensuing celebrations and tears of joy.

So much time and dedication spent in preparation that can be lost in an instant. How does a person have the nerve to ski the next race following a crash that resulted in their body flailing aimlessly until skidding to a halt or crashing into safety nets? What drives a person to continue a skating routine after failing to land their first jump?

Learning from the past versus living in the past is a choice we will all face thousands of times in our existence. The scenarios or situations may differ, but the basic concept remains the same. Do we plod forward with newfound knowledge or slink back in fear?

It's easy to say that experiences from our past shape us into whom we are today, but the challenge lies in actually stepping out and matching our actions with our words. We can change the way we behave in any given condition and improve our skills in handling situations by visualizing what we want to do, instead of continuing to do what we always did in the past that did not work or get us what we desired.

It takes practice and patience, but with time, a new way of thinking can lead to significantly improved outcomes, and the failures of yesterday can become the building blocks of tomorrow's successes.

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We invite you to contact us to learn more about how we can support you or your organization to reflect, refocus, and reclaim your personal edge! You can reach us by emailing: info@pivotaltransitions.com

