



## *Inspirational Emails*

### **Pay Attention**

*When we pay attention, it means that we not only focus on what we are doing at the time, but also, note other factors that may influence our endeavors...*

**A key part of being diligent, and therefore, a key part of being successful, is to pay attention.** It's amazing how many people don't pay attention--*to anything it seems*. That's why their finances, families, and careers are usually less than desirable.



Some people don't pay any attention to their checkbook balances, or their bills. Then they wonder why they end up chased by the IRS or in bankruptcy. Lots of people don't pay any attention to their primary **relationships**, and then wonder why they end up divorced, or alienated from their children, or simply alone. Most people don't pay attention to their **health**, which is why they are overweight, or needlessly suffer from an avoidable disease (like lung cancer). The vast majority of people certainly don't pay any attention to **politics**, or at least how the candidates stand on issues, and then they complain about how badly things turn out. Unfortunately, most of us don't pay enough attention to our **work**, which is why we don't advance further, or don't enjoy the wealth we would like to.

**When we pay attention, it means that we not only focus on what we are doing at the time, but also, note other factors that may influence our endeavors**, whether it means the friends that our children choose, or a new product that will make your work much easier.

**Sadly, where we fail most of all is in paying attention to ourselves.** *How are we doing? How is our spiritual life? Do we feel connected to God? Are we peaceful and content? Have we found purpose and meaning in our lives? Are we having fun?*

**Instead of paying attention, we tend to distract ourselves with a non-stop stream of so called "entertainment"**, whether it's from the TV, CD, VCR, S.U.V., or local pub, nightclub, karaoke lounge, etc. *Anything so we don't have to think.* After awhile, it's easy to get in the habit of not paying attention to anything (including those who truly need your attention!).

To see just how many people aren't paying attention, try to duplicate the following experience (it shouldn't be hard). Often,



I take my son to the video store, or grocery store, where there are usually a half dozen lines. *Normally four or five lines are extremely long, and one or two would be maybe a third of the size (and, no, these were not the "quick check out" lines either).* I never cease to be amazed at the fact that people choose to be in the longer lines. I asked my son why he thought that was, and at eight, he had the answer, "they're not paying attention." ***Whatever they have rolling around in their heads apparently inhibits them from simply looking to the left or right, and making an assessment***--where can I save time.

Of course, **what this really tells us is that they are not in the habit of valuing their time or making strategic assessments even on a very simple basis**, as in, what is the quickest route to my objective (to get the heck out of there). Or how do I save myself wasted time and inconvenience? **It is exactly these sorts of questions (on a consistent basis) that help us lead a successful, purposeful, focused life, one in which we apply the principle of diligence.**

**So start paying attention today, and be on the look out for new opportunities, whether it's the shortest line or a better way to perform your job better or a new way to challenge and inspire your children.**

by C.V. Doner