

DISTRACTED

Are you distracted? What is distracting you?

In the past few years social media, emails, and text messages have caused great distraction. Of late, here in the USA, the Presidential election has caused great distraction. While most could not wait for the election to be over, most watched the news closely.

The election is over, and we have a President Elect. Yet the distraction continues and at an increased pitch. Those who do not like the President Elect are concerned as to what he will do and how it will affect them. For those who supported the President Elect there is hope as well as concern.

It's all a distraction. We should be living in the NOW. What happens now is the key. Guessing, and listening to the newscasters who get it so wrong, has no value. In fact, it's negative, and it's distracting us from living the lives we are here to live.

Turn off the TV, turn off the distractions.

While you are at it, turn off or limit your social media to a set time or two each day. Do not let distractions run your life and rob you of your focus on that which you want to do. Life will continue just fine, maybe even better, if you are not rushing to answer a meaningless tweet, text, or email. Let it go. Just let it go.

Find the space, find the peace, find the place where you can reflect. Find the place where you can focus and create some value, some good for yourself and others.

Take the time to get it done. Take the time to focus. Take the time to help make the world a better place. Take the time for your family, loved ones, friends, and the community at large.

The distraction doesn't help you, doesn't solve a problem, nor keep you informed. The distraction can only set you and your life back. Learn to avoid the distraction. Learn to use your time wisely.

Remember, we know not how many hours we have here on earth. At the end of life the biggest regrets are things not done and chances not taken. This is fact. But, it does not have to be fact for you. If alive, it's not too late. Change. Focus. Let go of the distractions, you probably don't

like them anyway. Live, live the life you admire, the life you enjoy, and focus on your relationships. You will find the joy and fulfillment that distractions rob you of.

How do you do it? Start right now. Plan when you will interact with social media. Is it for 15 minutes in the morning and 15 minutes at night? What seems to make sense for you? Then, try it, try it for a week. You may fail, but keep trying. The more you try the more you will do.

After a week, you'll realize you have created time for the important things, have gotten more done, are more peaceful and happier. Yes, it's amazing, and it's true. This will spur you on to action to find more time to do the meaningful, important things in your life.

Make a list. Then prioritize the list. Finally, start.

Start. Start moving and do what needs to be done. The more you move, the more reason you'll have to move. The more you move, the more successful and fulfilled you will be.