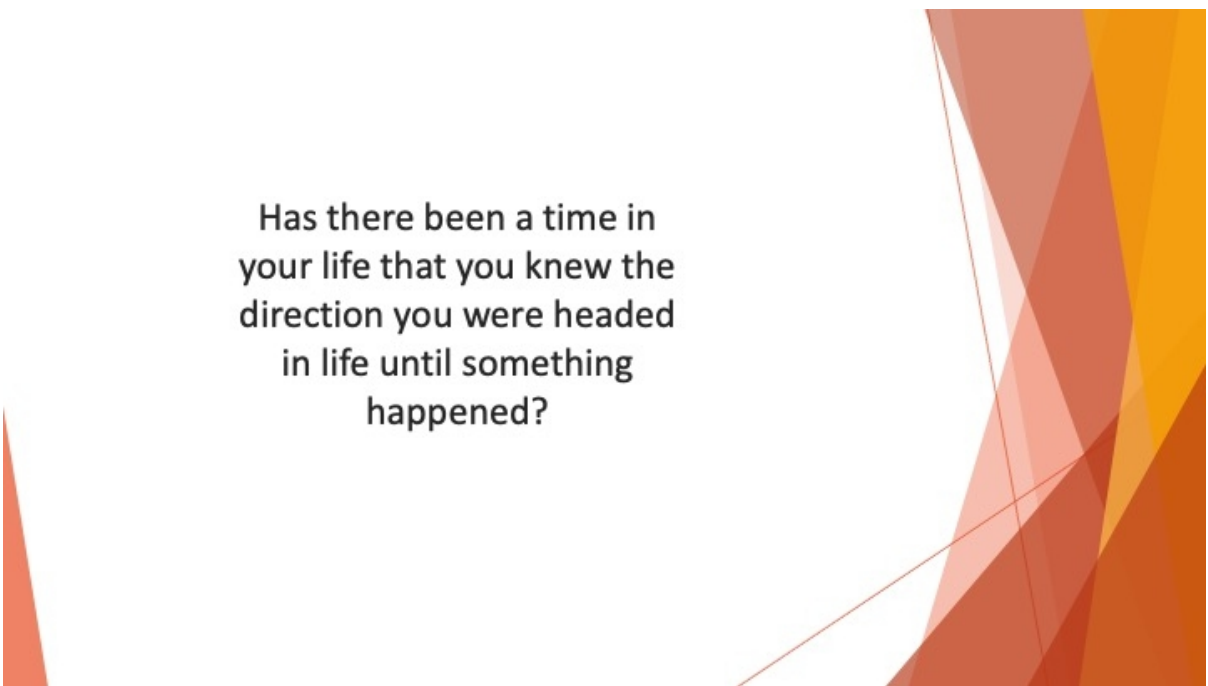


Chapter 7: How to Reclaim Clarity and Focus



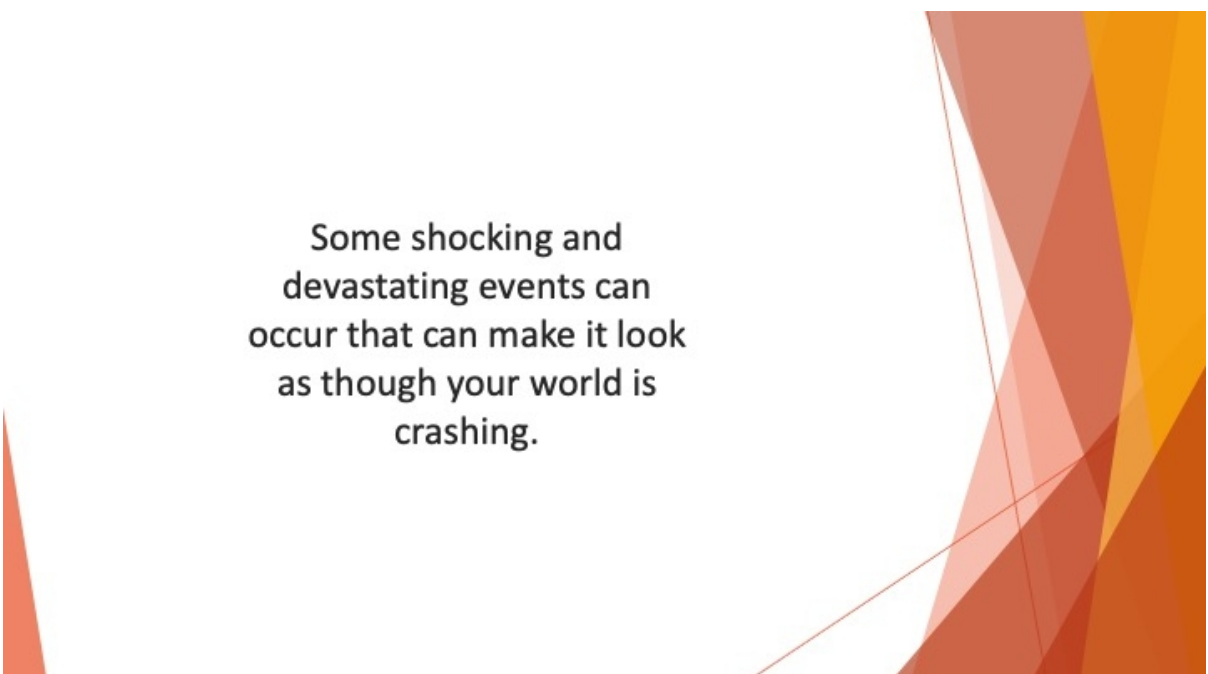
S1 : In this video, we'll discover about "How to Reclaim Clarity and Focus"



Has there been a time in
your life that you knew the
direction you were headed
in life until something
happened?

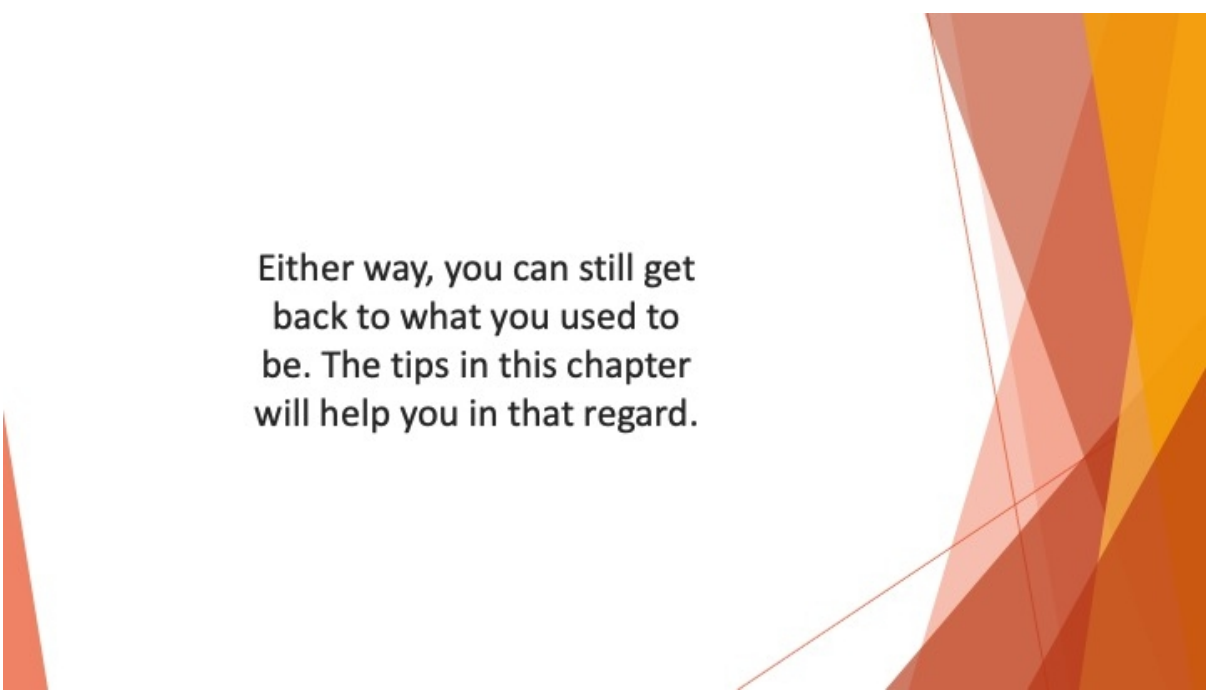
S2 : Has there been a time in your life that you knew the
direction you were headed in life until something happened?

This is a reality many people face in the world today.



Some shocking and
devastating events can
occur that can make it look
as though your world is
crashing.

S3 : Some shocking and devastating events can occur that can make it look as though your world is crashing. Sometimes, you are at fault, while in some cases, it has nothing to do with you.



Either way, you can still get
back to what you used to
be. The tips in this chapter
will help you in that regard.

S4 : Either way, you can still get back to what you used to be.

The tips in this chapter will help you in that regard.

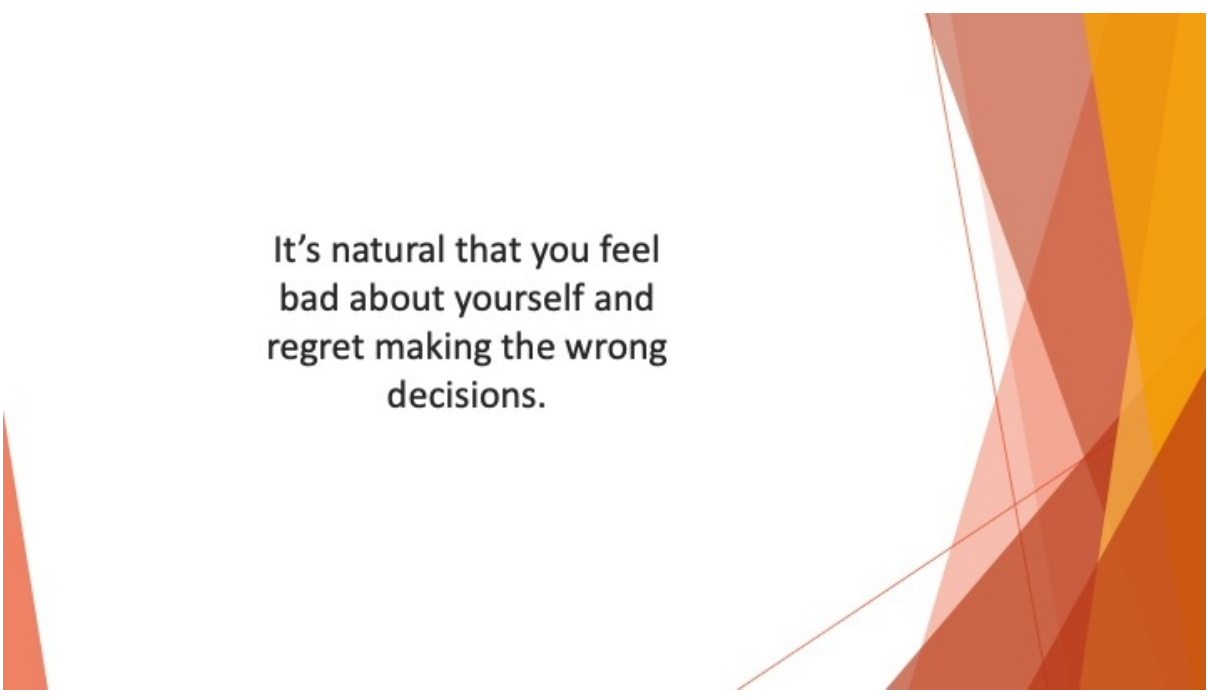


Forgive Yourself

The first thing you need to do after you discover that you have lost focus is to let go of the past.

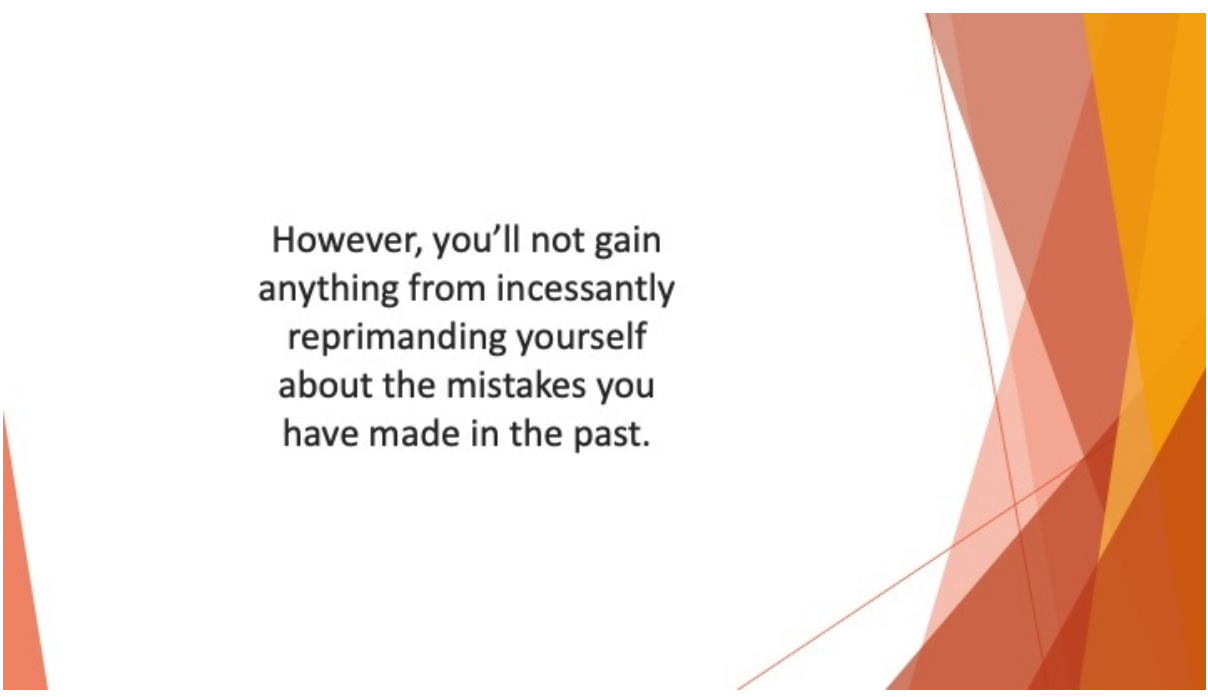
S5 : Forgive Yourself

The first thing you need to do after you discover that you have lost focus is to let go of the past. It begins by forgiving yourself.




It's natural that you feel
bad about yourself and
regret making the wrong
decisions.

S6 : It's natural that you feel bad about yourself and regret making the wrong decisions.



However, you'll not gain
anything from incessantly
reprimanding yourself
about the mistakes you
have made in the past.

S7 : However, you'll not gain anything from incessantly reprimanding yourself about the mistakes you have made in the past. You cannot make progress and reclaim clarity when you keep thinking about what could have been.



You cannot bring back the
past again. It's gone, and
there is nothing you can
do about it.

S8 : You cannot bring back the past again. It's gone, and there
is nothing you can do about it.

So, it's in your best interest
to forget about it and
focus on the future.



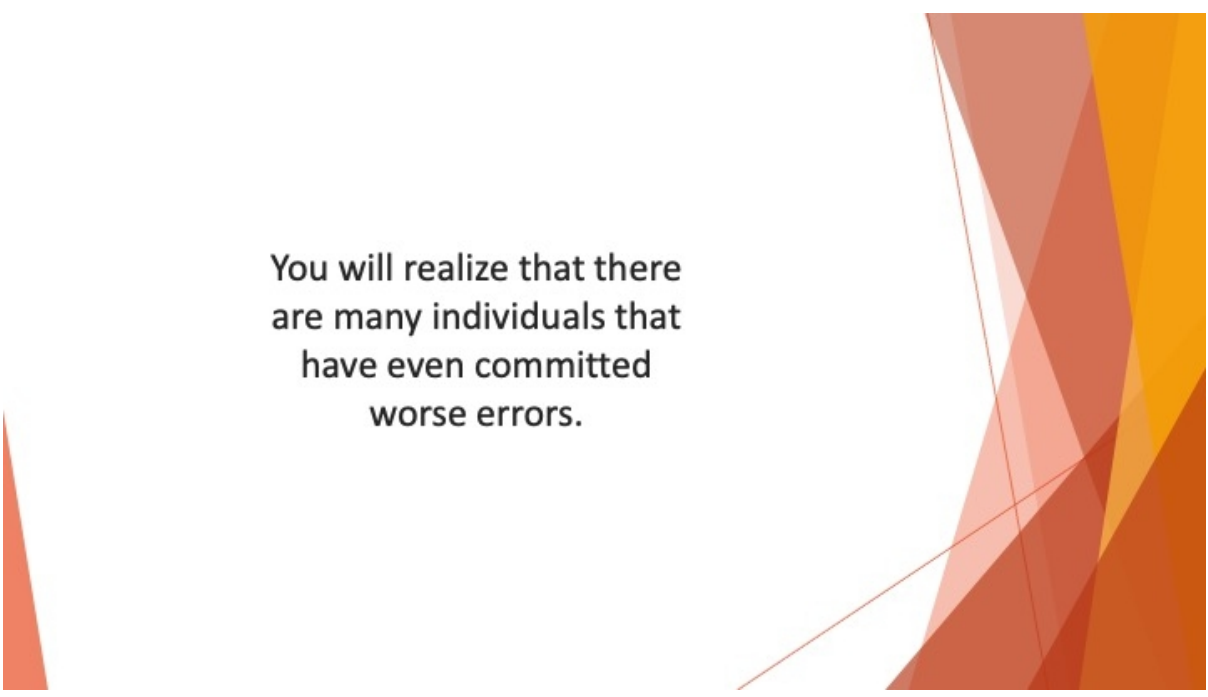
S9 : So, it's in your best interest to forget about it and focus on
the future.

You aren't the first person
to make the mistake you
made.



S10 : You aren't the first person to make the mistake you made.

If you aren't convinced, search online.



You will realize that there
are many individuals that
have even committed
worse errors.

S11 : You will realize that there are many individuals that have even committed worse errors. Yet, they were able to retrace their steps and made the best out of their lives.

Therefore, don't make a
mountain out of a
molehill.




S12 : Therefore, don't make a mountain out of a molehill. Don't convince yourself that your mistake is the worst in the history of human beings because it isn't true.

You slipped. Of course, it
isn't the ideal situation.



S13 : You slipped. Of course, it isn't the ideal situation.



Still, the best part of your
life can be ahead of you if
you choose to stand up.

S14 : Still, the best part of your life can be ahead of you if you
choose to stand up.

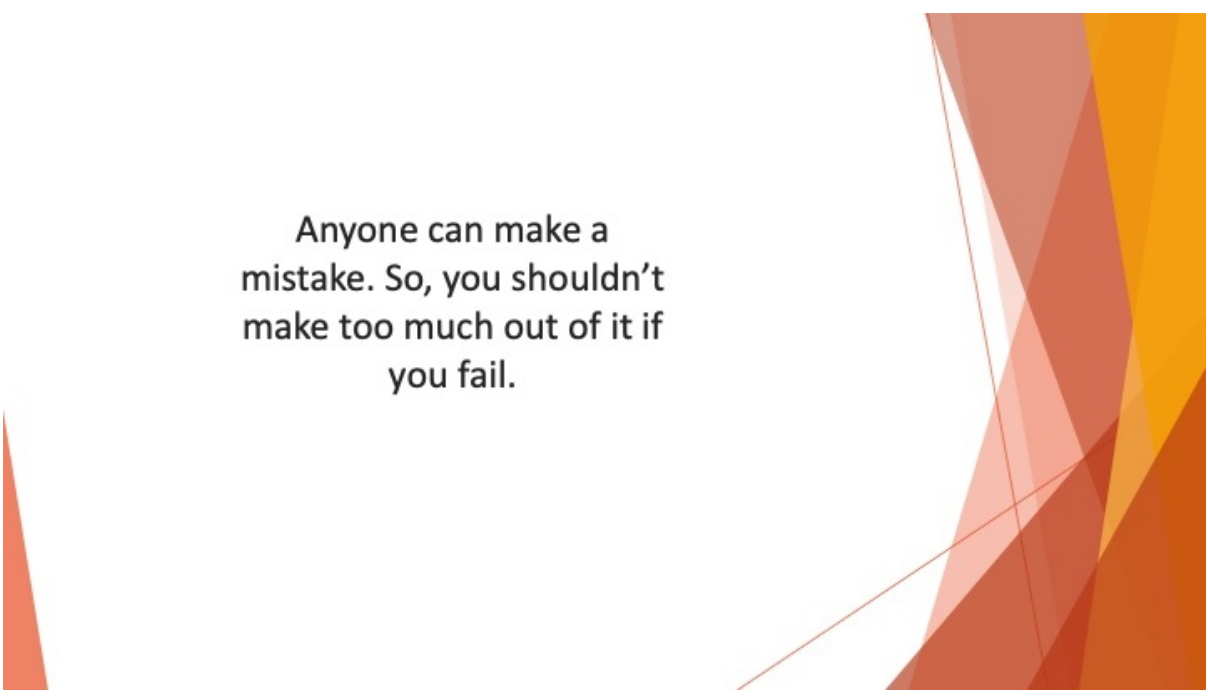


Identify Where You Missed It

After forgiving yourself, the next stage is to recognize where you failed.

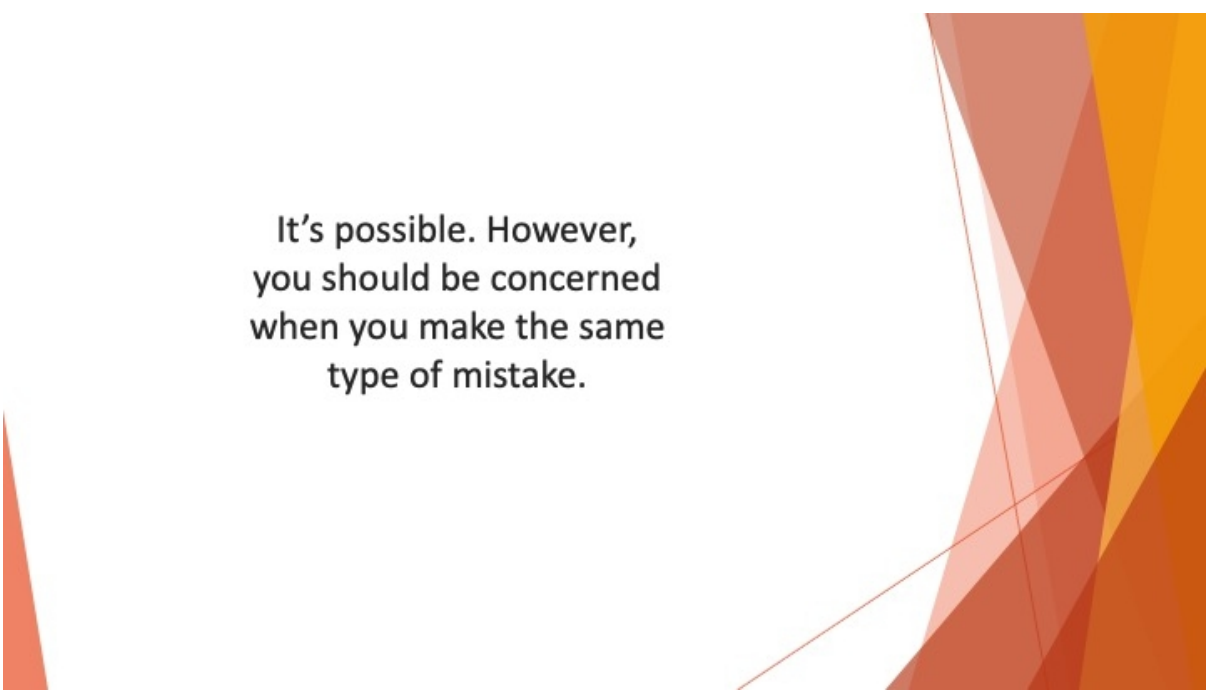
S15 : Identify Where you Missed it

After forgiving yourself, the next stage is to recognize where you failed. If you don't do a proper evaluation and analysis of your past mistakes, you'll keep making the same mistake.



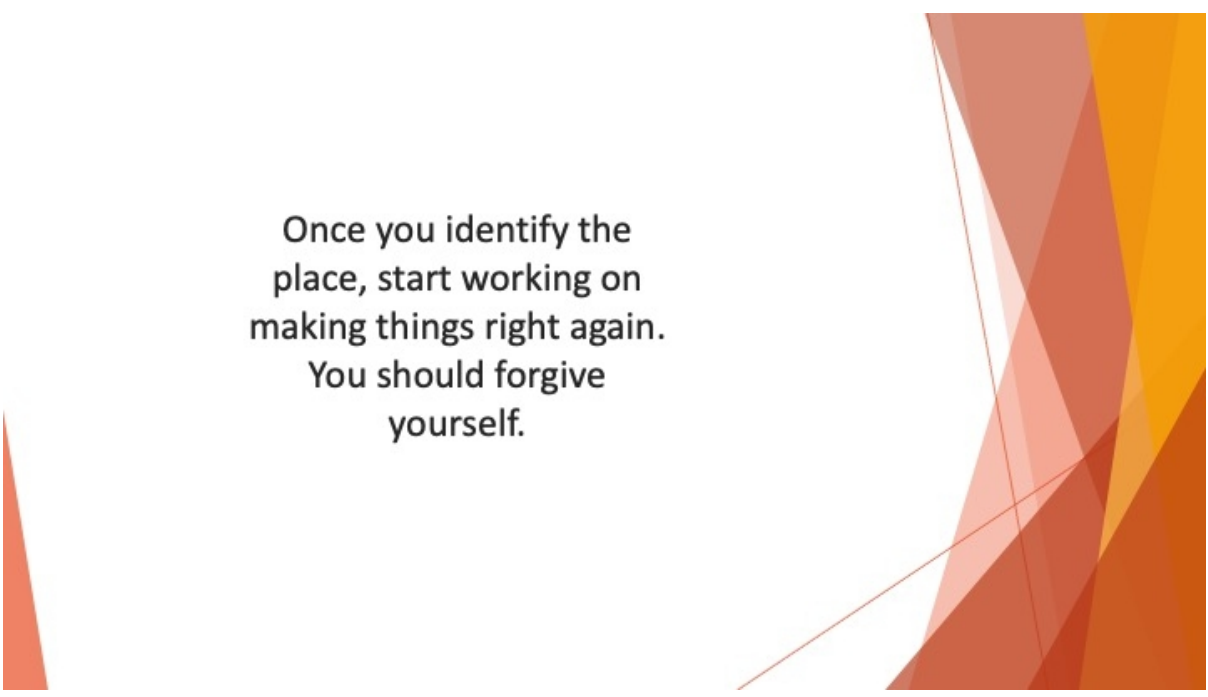
Anyone can make a
mistake. So, you shouldn't
make too much out of it if
you fail.

S16 : Anyone can make a mistake. So, you shouldn't make too much out of it if you fail. You shouldn't even be too perturbed when your mistakes happened around the same period.




It's possible. However,
you should be concerned
when you make the same
type of mistake.

S17 : It's possible. However, you should be concerned when you make the same type of mistake. It's a sign that you're not learning from your past failures, which should give you concerns.



Once you identify the
place, start working on
making things right again.
You should forgive
yourself.

S18 : Where did you miss it? Was it at your workplace or in your relationship? Once you identify the place, start working on making things right again.




You might also need to
apologize to the people
that were hurt by your
actions.

S19 : You might also need to apologize to the people that were hurt by your actions. Let it be clear to them that you didn't want to hurt them but were carried away by your emotions or any other thing.

There is no restoration
without reconciliation.



S20 : There is no restoration without reconciliation. And reconciliation will be difficult when you're not ready to admit that you are wrong.



So, don't hesitate to tender
your sincere apology to
whoever needs it to move
on to the next level.

S21 : So, don't hesitate to tender your sincere apology to
whoever needs it to move on to the next level.

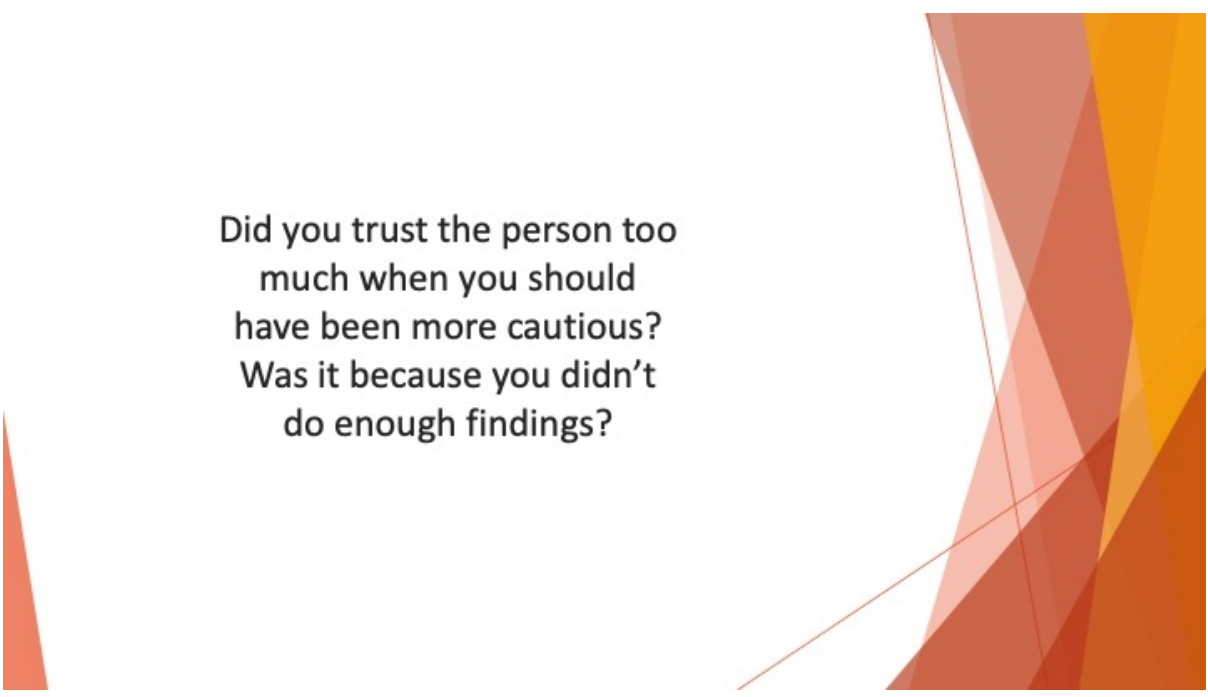


Recognize Why You Got It Wrong

The best way to ensure that you don't fall into the same trap again is to analyze why you fell into it in the first place.

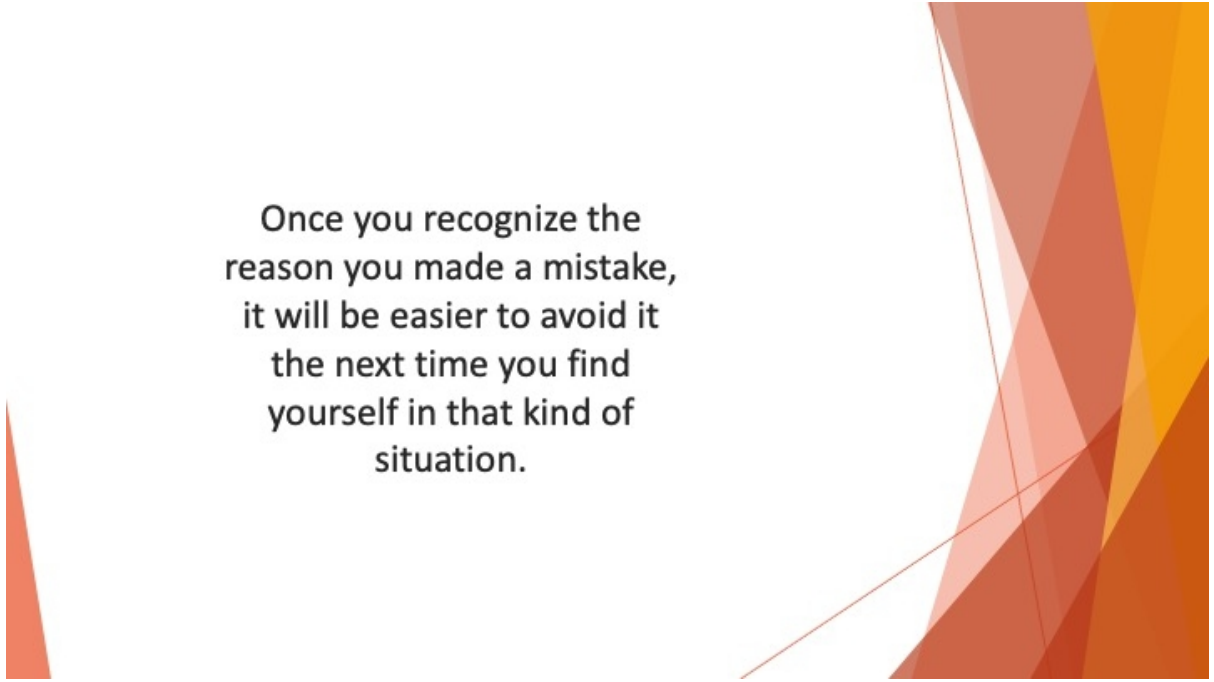
S22 : Recognize why you got it Wrong

The best way to ensure that you don't fall into the same trap again is to analyze why you fell into it in the first place. Was it because you were greedy?



Did you trust the person too
much when you should
have been more cautious?
Was it because you didn't
do enough findings?

S23 : Did you trust the person too much when you should have been more cautious? Was it because you didn't do enough findings? Was it because you were impatient? You need to identify what made you fall.



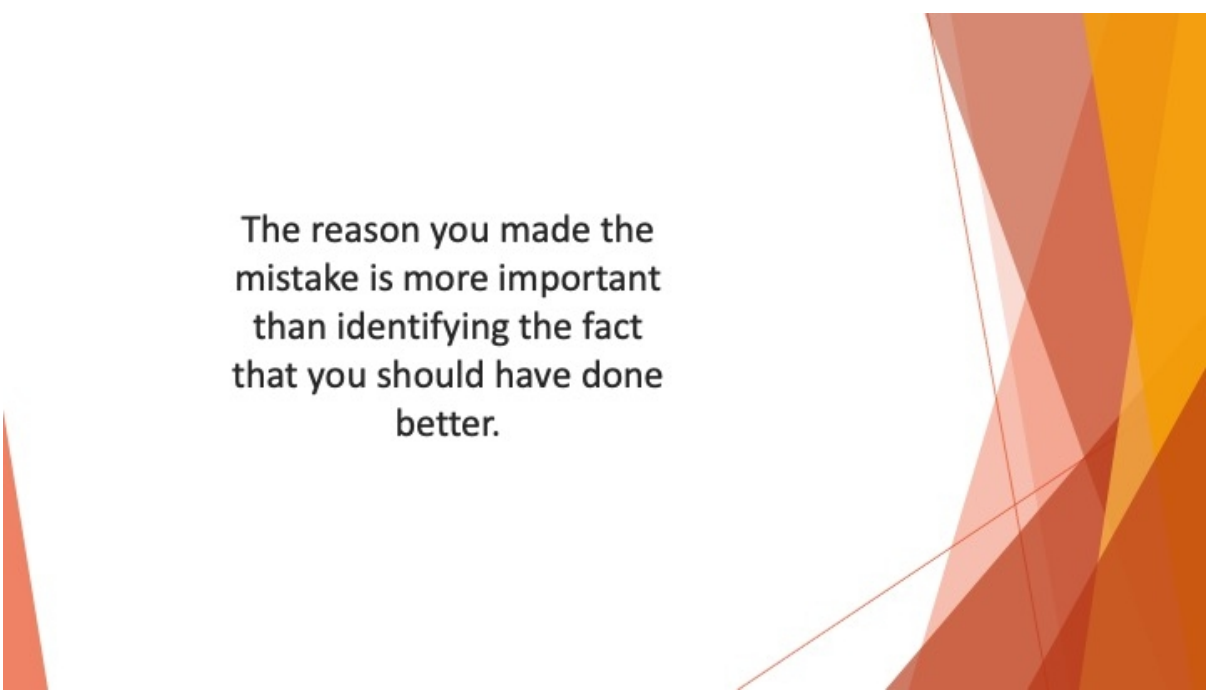
Once you recognize the
reason you made a mistake,
it will be easier to avoid it
the next time you find
yourself in that kind of
situation.

S24 : Once you recognize the reason you made a mistake, it
will be easier to avoid it the next time you find yourself in that
kind of situation.

It's not good enough to be
able to identify where you
missed you.

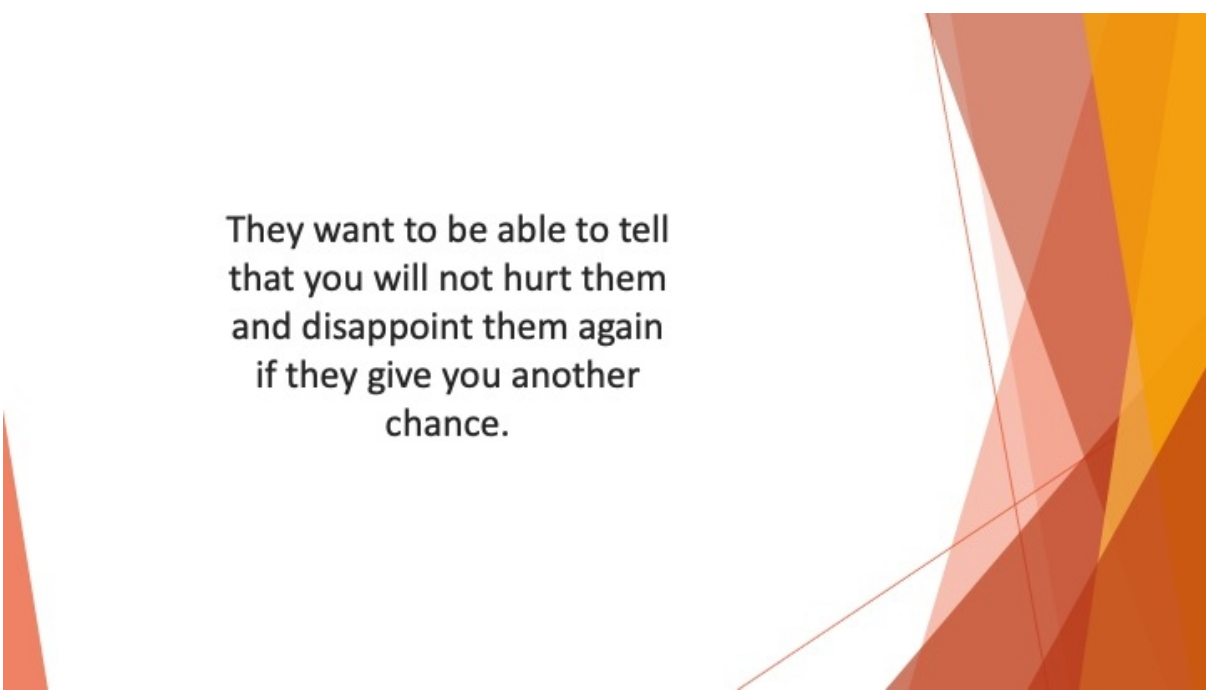


S25 : It's not good enough to be able to identify where you missed you. You should also be able to tell why you made the mistake.



The reason you made the mistake is more important than identifying the fact that you should have done better.

S26 : The reason you made the mistake is more important than identifying the fact that you should have done better. When you apologize to the people you have hurt due to your actions, they need more than an apology.



They want to be able to tell
that you will not hurt them
and disappoint them again
if they give you another
chance.

S27 : They want to be able to tell that you will not hurt them and disappoint them again if they give you another chance. The best way you can show that you have learned your lesson is by telling them what went wrong the last time.

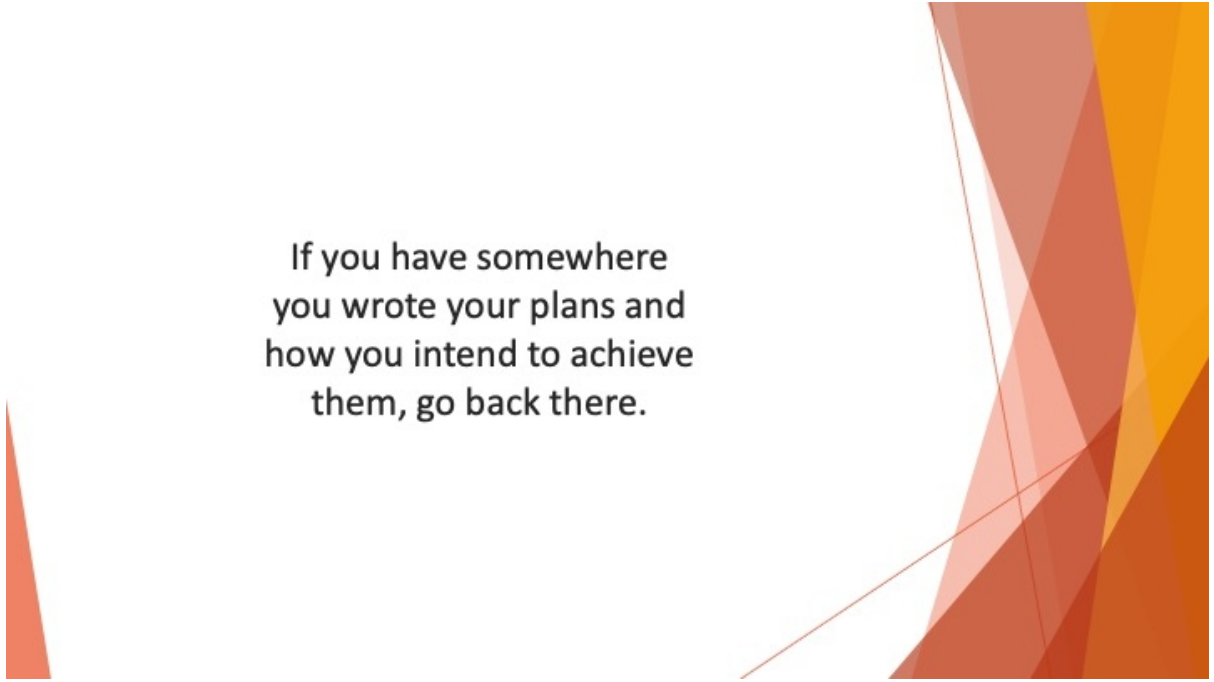


Go Back To The Beginning

Once you have identified where and why you lost clarity and focus, you are ready for the next stage, which is to go back to the way things were before.


S28 : Go Back to the Beginning

Once you have identified where and why you lost clarity and focus, you are ready for the next stage, which is to go back to the way things were before. Retracing your steps will be easier if you practice journaling or any form of documentation.




If you have somewhere
you wrote your plans and
how you intend to achieve
them, go back there.

S29 : If you have somewhere you wrote your plans and how
you intend to achieve them, go back there.



Check the things you
wrote and remind yourself
of the positive emotions
you had when you wrote
them in the first place.

S30 : Check the things you wrote and remind yourself of the positive emotions you had when you wrote them in the first place.



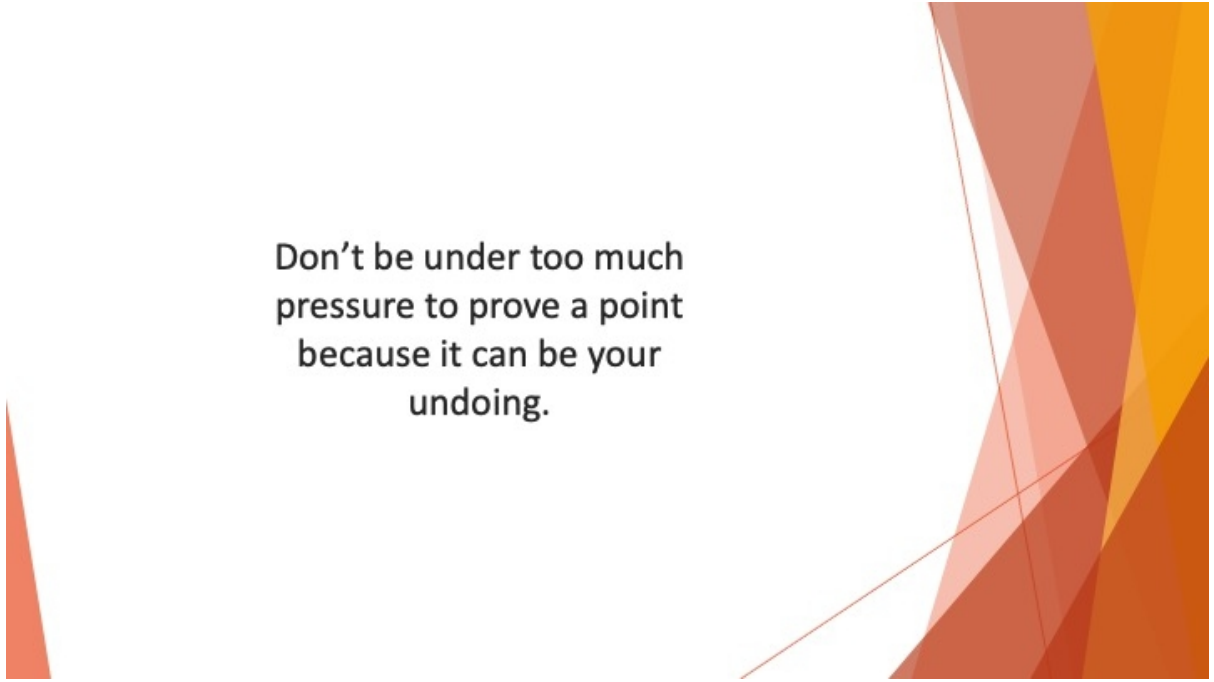
It might not come back
immediately, but you'll
eventually feel good again
as you start doing them all
over again.

S31 : It might not come back immediately, but you'll eventually feel good again as you start doing them all over again. It's not every time that you might need to start all over again.

In some cases, you might
only need to pick up from
where you stopped.

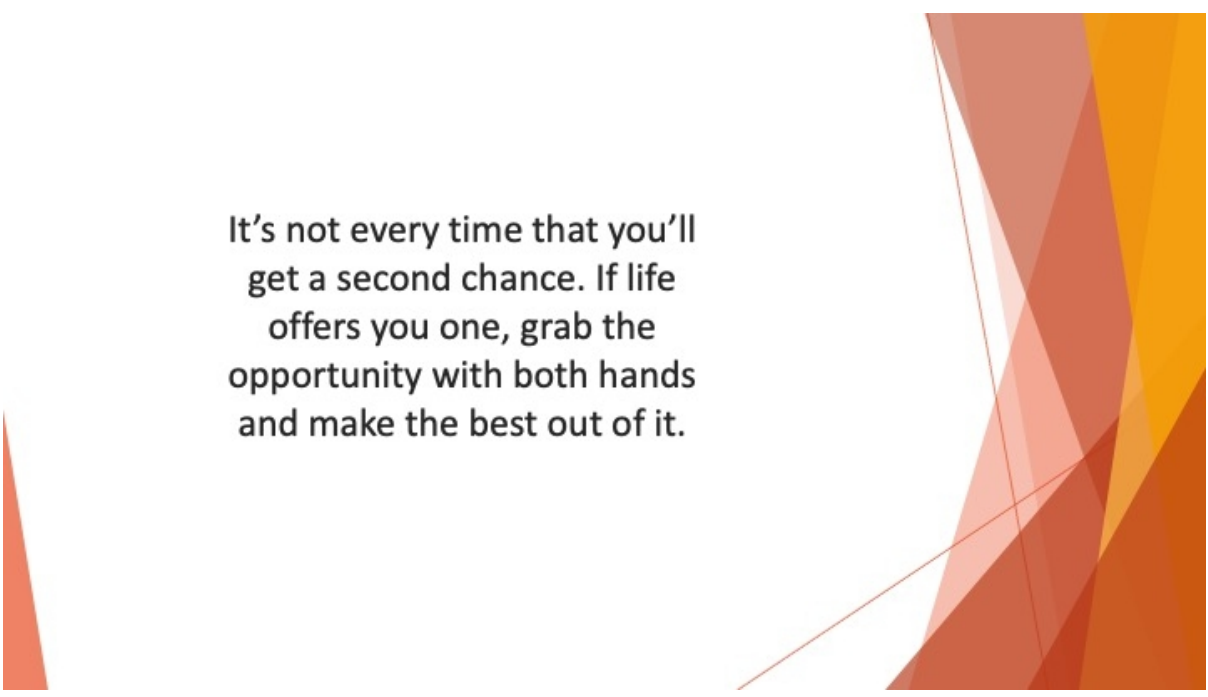


S32 : In some cases, you might only need to pick up from where you stopped. If you have that opportunity, you should be grateful and should give it your best.



Don't be under too much
pressure to prove a point
because it can be your
undoing.

S33 : Don't be under too much pressure to prove a point because it can be your undoing. Rather, be determined to stay on track.



It's not every time that you'll
get a second chance. If life
offers you one, grab the
opportunity with both hands
and make the best out of it.

S34 : It's not every time that you'll get a second chance. If life offers you one, grab the opportunity with both hands and make the best out of it.

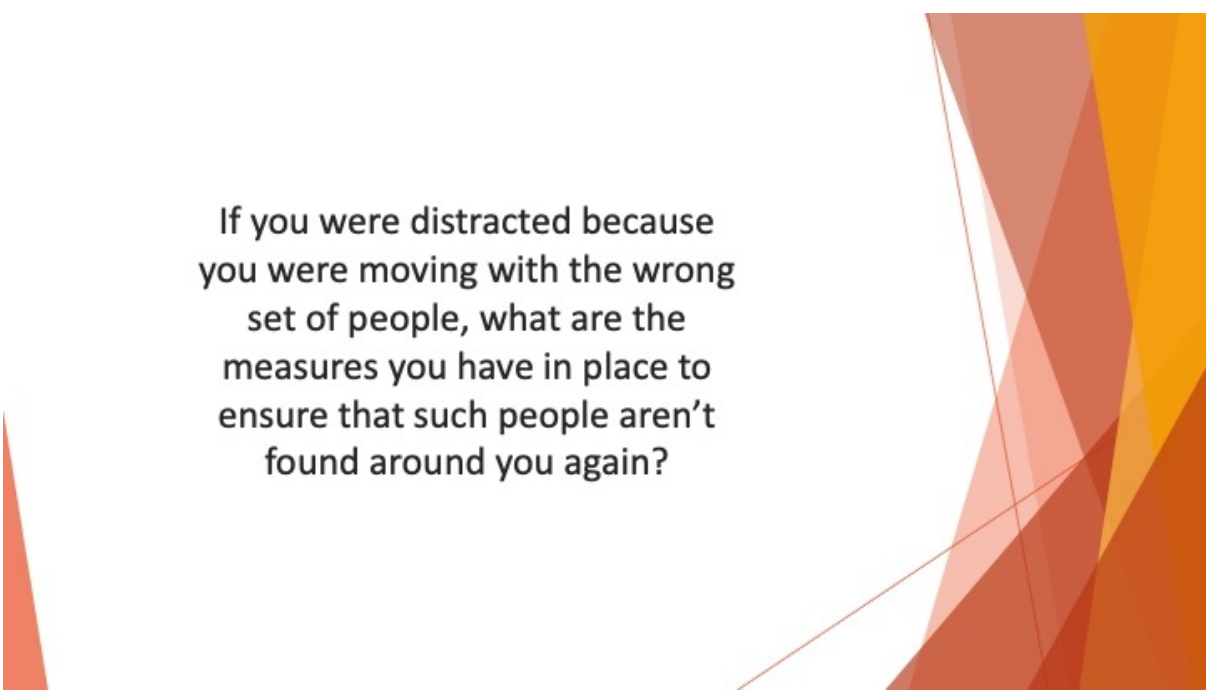


Implement Measures For Staying On Track

Now that you have the opportunity to reclaim clarity and start all over again, what can you do to stay on track?

S35 : Implement Measures for Staying on Track

Now that you have the opportunity to reclaim clarity and start all over again, what can you do to stay on track? You need to ask yourself this question and provide an answer to it.




If you were distracted because
you were moving with the wrong
set of people, what are the
measures you have in place to
ensure that such people aren't
found around you again?

S36 : If you were distracted because you were moving with the wrong set of people, what are the measures you have in place to ensure that such people aren't found around you again? If the wrong influence came through social media, don't hesitate to block negative people and leave the pages that aren't profitable to you.

No influence is neutral.
It will either improve your
life or make it worse.

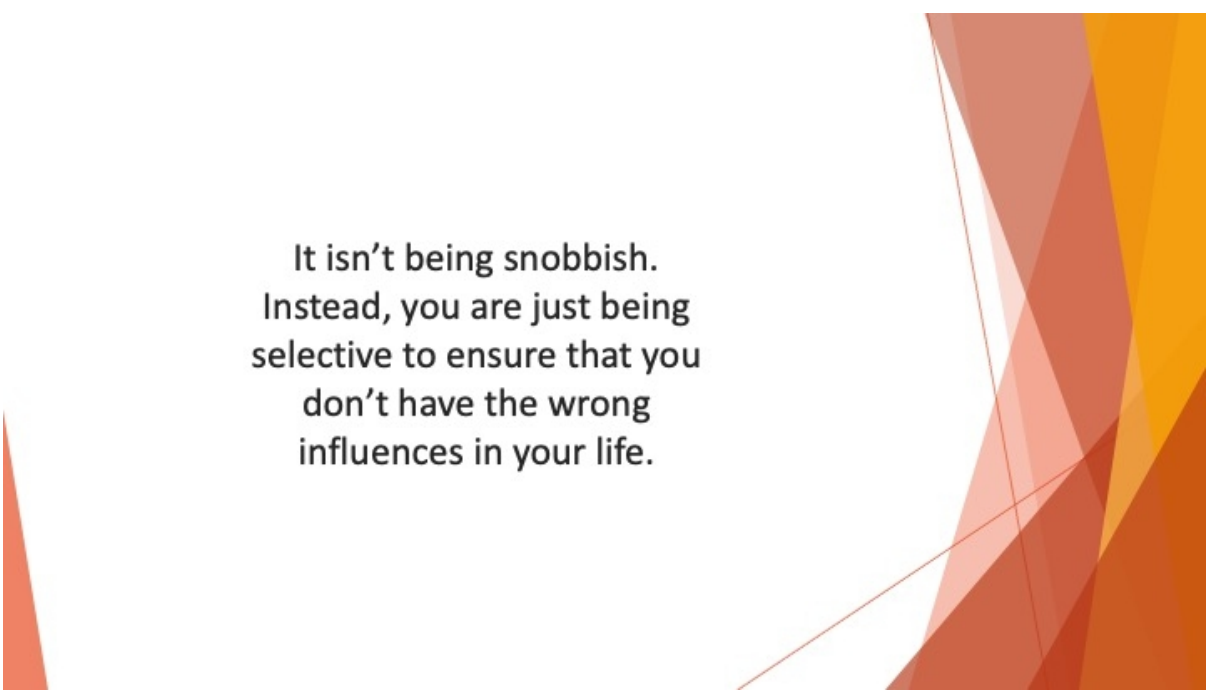


S37 : No influence is neutral. It will either improve your life or make it worse. So, you should always evaluate the kind of influence a person or exposure to a particular experience has on your life.



It's when you do this that
you'll be able to have control
over the influences you allow
into your life.

S38 : It's when you do this that you'll be able to have control over the influences you allow into your life. No one should come into your life without your approval.



It isn't being snobbish.
Instead, you are just being
selective to ensure that you
don't have the wrong
influences in your life.

S39 : It isn't being snobbish. Instead, you are just being selective to ensure that you don't have the wrong influences in your life.