

## I REFUSE TO BE DISTRACTED FROM MY GOALS

My goals are my future. When I stay focused on my goals, I make progress toward achieving them. I know what I want and how to get there. And when I make progress, I feel proud of myself. I enjoy my life and the path that I am on.

Staying focused on my goals is the primary way I can control my future. Success allows me to feel good about my life and I know that focus is the key.

There are distractions all around me, but I refuse to give them my attention. They take away from the future that I want and am committed to.

Distractions are easy for me to avoid. I can easily focus on what matters in my life.

Staying focused on my goals makes it easier to make smart decisions. I simply consider which option is most supportive of my goals. Indecisiveness is a foreign concept to me. When I avoid distractions, wise decisions become automatic.

My goals are crystal clear to me. Their achievement is a priority in my life. Consequently, I refuse to allow any distractions to take my attention away from my goals. I am in control of my focus.

Today, I put my attention on my goals. I reject all distractions. My focus is exactly where it belongs. I choose my decisions and actions based on my goals.

## REFLECTION QUESTIONS

**1**

How can I stay focused on my goals despite distractions?

**2**

What steps can I take to make smart decisions that align with my goals?

**3**

How does maintaining focus and clarity on my goals contribute to my success and happiness?