

A single focus

Have you ever watched a horse race, and noticed that the horses are fitted with "blindners," flaps that restrict the horse's ability to see from side to side?

Well, I'm not proposing that we all should be fitted with blindners -- heaven knows, most of the time, we need to act less like we're walking around with blindners on.

But the single-focused, attention to detail and goal that are usually brought to mind when we talk about having "blindners" on is something we can all do with a little bit of.

A few years ago, I was on my way driving to the local store. I knew what I wanted, I knew where I was going, and I went there. The next morning, a co-worker accused me of ignoring him. It seems he had driven to my right for about two miles. I hadn't noticed him there.

And that's the way I drive. When I'm in traffic, I drive very much in a "blinder" situation -- I could have cared less who was there, and never would have paid any attention to the adjacent drivers -- unless they were getting in the way of where I was and where I wanted to be. My wife rides with me when I'm driving, and oohs and aahs as she watches the surrounding cityscape -- but to me, unless it's about to collide with me, I'm likely going to ignore it.

Why am I relating this story? Because I believe we all need to develop this method to keep ourselves on track during this downturn.

There's a boatload of news happening in this country. We've got more news sources than ever before -- right now, instantaneously. We might as well just wire the Internet news sources right into our brain.

There are different varieties of cable channels, there are newspapers (at least some of them still exist); there are radio stations; there's talk radio, talk TV. Oprah tells us how to live our lives -- Dr. Phil criticizes our lives after we've lived them. We've just got more and more and more and more and more -- and it's easy to get distracted.

In this kind of environment, it's easy to get off our goals.

Why do race horses wear blinders? To keep their minds on the track. They're surrounded by other horses -- if they didn't keep their minds on the track, they

wouldn't make it to the end of the race.

And that's the way we all need to be, where our goals are concerned. We need to keep our minds on the ball; we should make certain our aim stays true and straight. We need to concentrate on the end we seek, not on the distractions of the world around us.

Should we be wearing blinders? Certainly not -- in this world, we cannot afford to go through life oblivious to the world around us -- but unless we bring focus a little more clearly on what our destination is, and how we are going to get there, we're likely never to arrive where we want to wind up.

It's the same whether we're talking about a country or our own lives -- it's altogether too easy to get distracted by the world around us. When we get distracted, we lose focus -- when we lose focus, we lose power. When we lose power, we just don't make it to our destination.

Should people drive the way I drive in heavy traffic? Hey, I wish they would -- but they aren't likely to.

But should people keep their focus on their destination? Nothing else works.

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