

## **The Power of Focusing on What vs. How: Getting What You Want the Easy Way**

by Jeannette Maw

We see it and do it enough times to know just how it works. Resolutions are set, goals written down, strategic action plans put in place. And where does it end up? More often than not, we don't lose the weight, keep the budget, or straighten out the relationship. Whatever it is we were after, frustration or despair get in the way and we end up at square one.

But getting what we want is easy if we just change our approach. It isn't about more action, stronger resolve, or reading another self-help book. A simple understanding and respect of the Law of Attraction changes everything!

### **The Law of Attraction**

The Law of Attraction says that "like attracts like." In a nutshell it means our thoughts, feelings and emotions create vibrations that the Universe responds to in like fashion. So when we feel good, we're ordering up good things. When we feel bad, we're ordering up not so good things.

Getting what we want is NOT best accomplished by figuring out "how" to do it. Rather, it's a matter of putting in the right order with the Universe. It's about vibrating "what" we want instead of getting locked up in the "how" of making it happen!

### **Focus on What, Not How!**

More than anything Scott wants to play softball. Work, family, health – *everything* takes a backseat to softball. In his fantasy life, Scott plays softball year round and twice a day, preferably.

If Scott were like most people, he would be trying to figure out how to make enough money so he could eventually quit work altogether and play softball full time. He might lament being too old to try out for minor leagues, and might dismally think about getting a job as a high school P.E. teacher.

Luckily Scott has a strange handicap where parents and teachers never taught him the importance of figuring out how to succeed. He didn't worry about getting his high school diploma and ignored his girlfriend's instructions to apply for construction jobs. Instead, Scott fantasized about game-saving plays and indulged his softball addiction at every opportunity.

Because he naturally focused on "what" he wanted – the "how" discovered *him*. Scott was invited to play on various teams, and regularly participated in out of town

tournaments. Soon he played for three teams and covered his travel expenses with regular prize winnings. Then one of his sponsors gave him a lucrative sales job, where he earned generous commissions as their top sports equipment rep. Before he knew it, Scott was immersed in the world of softball and loving every minute of every day.

Remember, it's all about What, not How. The next time you're stumped as to why you're not getting what you want, stop and ask yourself what you're vibrating. The key is in focusing on **what** you want, not figuring out **how** to get it!

Jeannette Maw is an Attraction Coach and founder of Good Vibe Coaching who teaches clients the three secrets to getting what they want, once and for all. Get powerful tips and strategies to manifest your dreams by signing up for the free "Get What You Want" ezine at [www.goodvibecoach.com](http://www.goodvibecoach.com).