

There have always been distractions, and reasons why we can't succeed at something, but in today's world, it's even harder to focus.

Just the pace and demands of life, let alone the intrusions of things like social media and the 24 hour news cycle, makes it harder to focus.

Lets define success here for a minute.

I'm not necessarily talking about being a millionaire by the time you're a certain age, but if that's your goal, you go for it.



The key to success in study is to focus on the goal, and the work that you need to get there.

Similarly, the key to losing weight is to focus on the intake of energy (food) and correct use of that energy (exercise).

Lack of focus on what ever task you have set for yourself is the key to failure.

There may be other factors to work around, such as time and relationships, but focus can

help that too.

Simple really!