

Making the Most of What You Have When It Isn't Enough

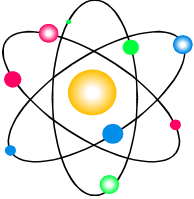
Silver Rose

California
Community
College
Association for
Occupational
Education

October 18, 2006



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**Law of Attraction:
You get what you focus on**

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Heed Your Internal Coach

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You Can Focus and Fail **You Can Focus and Flourish**



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Focus Tip # 

Focus on The Big Picture

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“Life is either a daring adventure or nothing at all.”



- Helen Keller

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Celebrate!!!!

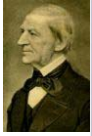
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Focus Tip # 2

When you focus on minute details, make sure they're positive.

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An individual has a healthy personality to the exact degree to which he has the propensity to look for the good in every situation."



- Ralph Waldo Emerson

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I'm losing my faith in spontaneous combustion.



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Laugh



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Focus Tip # 3

If you're going to focus on what others think, start with you.

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"No one can make you feel inferior without your consent."

- Eleanor Roosevelt

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- 1 Focus on the big picture**
- 2 When you focus on minute details, make sure they're positive**
- 3 If you're going to focus on what others think, start with you.**

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Focus and Flourish