

Where do Wise Women find focus?

Confucious says, "He who chases two rabbits, catches none."

This is why we

Follow
One
Course
Until
Success

It's all about the power of ONE. One rabbit; one focus. To get there, we have to stop with the circus acts - we are not plate-spinning, jugglers of fire.

Multitasking leads to scattered thinking, contributing to the jumble we all are trying to sort in our heads.

1 Corinthians 14:40 says, Let all things be done decently and in order.

What does this mean?

- Timing is important
- There is a sequence to be followed

Everything should have a place

- Things should be neat and tidy
- There should be an orderly pace (not rushed)
- When practiced daily, it becomes part of a routine
- There is no chaos
- There is a recognition of priorities

Therefore, Wise Women seek WISDOM, Following One Course Until Success.

1. One thing means "one thing at a time" (with the exception of your indentured servants, aka washing machine and dishwasher!)
2. Schedule your social media activity, whether you're aimlessly scrolling through Facebook or watching videos on YouTube. Don't allow for endless screen time - you'll lose the day.
3. Center yourself first - meditate.
4. Declutter! Donate clothes and anything else that no longer brings you joy. Food, paper, boxes, junk - a little bit here and there makes it happen.
5. Move! This helps create a chemical reaction in your body to make you FEEL GOOD. Serotonin, dopamine, and endorphins all contribute to feeling good and creating new neural pathways in your brain.
6. Get clear on your goals and vision for your life. You are here on purpose, for a purpose - how can you be part of the rising tide?

Follow One Course Until Success - That's what Wise Women do...