

# Focus .

For years I thought I had a pretty solid understanding of what it means to be patient.

This year has been filled with unexpected, tough, gut-wrenching obstacles and many trials and tribulations. As a result, I've been tested in ways I never imagined. I've gone through some things this year that have really humbled me and have forced me to take a back seat, shut my mouth and to stop kicking and screaming – because I needed to be still and go through some things for a while.

No one enjoys a struggle and I'm no different. However, I can honestly say I've learned a lot through this struggle. I've learned things about myself, friends and family. I've also learned so much about work life, co-workers, managers and how to balance all these things.

I put a lot of thought into what's been the biggest learning experience this year for me. What's the takeaway? To go through so much and not learn anything from it would be foolish and I'm not a fool. So what did I really learn?

I believe one of the biggest takeaways from all I've endured this year is to

I always nowhere you are and where you need to be.

We can lose ourselves in so much and forget where we are and sometimes who we are. I've also learned that it's very important to always know where you need to be. It's so easy to lose focus and forget where you're headed, which could lead you in the wrong direction. In adult life, It's no one else's responsibility to lead you and tell you where to be and where to go.

The focus is a big deal! If we lose it we “end up” places

usually places we don't want to be.

Sent from my iPhone

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