



## **YOUR FOCUS: WATCH WHERE YOU POINT IT**

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How we think or ponder about things or circumstances affects how we see life. If we are tuned into the negatives around us, there is a very good chance that we won't even notice when good things happen. This is what CBT (cognitive behavioral therapy) is all about.

"Whatever is true, whatever is honorable, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things." Philippians 4:8

Using a set of binoculars helps a person look more closely at something of interest, but it also limits the other distractions.... Choose what you would prefer to focus your attention on!