

Your most important gift

Whether or not you're Christian and celebrate Christmas or not, this time of year is synonymous with gift giving.

We give gifts to:

- Our children
- Our husbands, wifes or partners
- Our parents
- Our extended family
- Our neighbors
- Our friends

But in many ways... I think we forget the most important person:

Ourselves.

That might seem like a crazy statement, and inherently selfish.. but it isn't.

I'm not talking about spending money on yourself, recklessly spending by saying 'I'm giving a gift to myself'..... I'm talking about a gift that costs **nothing**.

I'm talking about the gift of time and focus.



I think at this time of year, when it comes to Christmas the best gift we can give ourselves is the gift of a few minutes of controlled focus time, thinking about good things.

Time for ourselves.

Time to think.

Time to sit and contemplate.

Time to focus on the good things that have happened, and the good that we expect to happen in the coming year.

I've never been a fan of the word 'meditation' - but I do like to take time to really stop and think, and take time to control my focus with conscious questions. Some people call that *meditation*, some people call it *contemplation*, some just call it *thinking*.

Find yourself a happy place that works for you. Everybody is different. Some people have a special place in their home, or in their garden for contemplation. Some people have particular places that they walk to. For me, its the beach. I love walking on the beach early in the morning. I suggest you take a moment to think about where it could be for you.

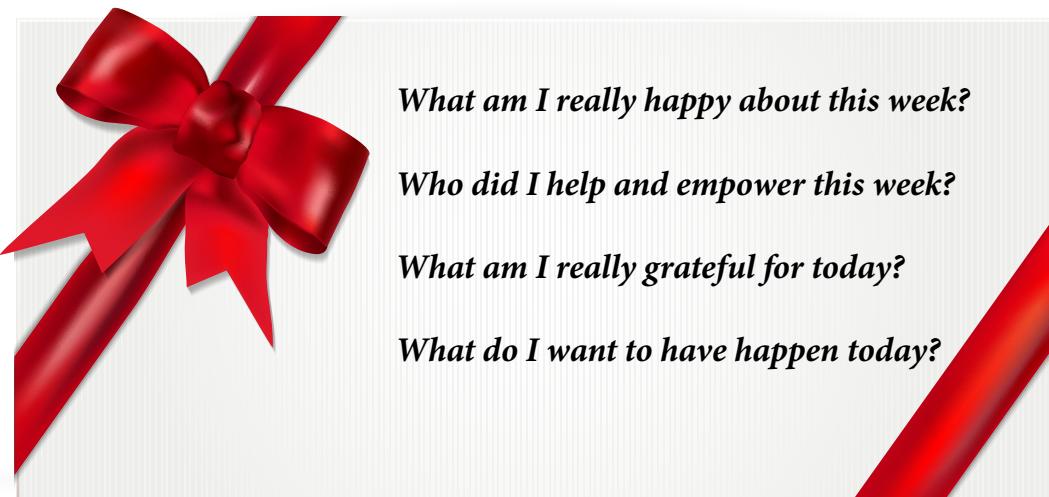


But...what do you DO with that time? just walk? The trick is to control what your mind is focusing on during that time.

The answer is prompt yourself with **questions**. Questions are a prime way to control your focus and direct yourself to a positive way of thinking.

Thinking is nothing but the process of asking and answering questions. If you consciously choose the questions you ask, then you direct your focus somewhere positive.

Here are just a sample of the morning questions I use:



I'll be talking more about the power of questions to control your focus during our upcoming training called [**Be Your Best 2015**](#). In one of these sessions we'll even be giving you an exercise of creating your own power questions for the morning and the evening, so you'll be able to learn to consciously direct your own focus each and every day.

Registrations
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Be Your Best 2016
Online Training for Music Teachers

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Doing this might seem like just ‘positive thinking nonsense’... but the thing is this:

You’re asking yourself questions all day, every day anyway.

YOU can choose: you can either direct the questions you ask, or not!

If you don’t, then it’s likely you end up asking BAD questions like this:

“Why does this always happen to me?”

“How can I pay my lousy bills?”

“Why does this person treat me so badly?”

So... if you do nothing else this holiday season: **give yourself this gift.**

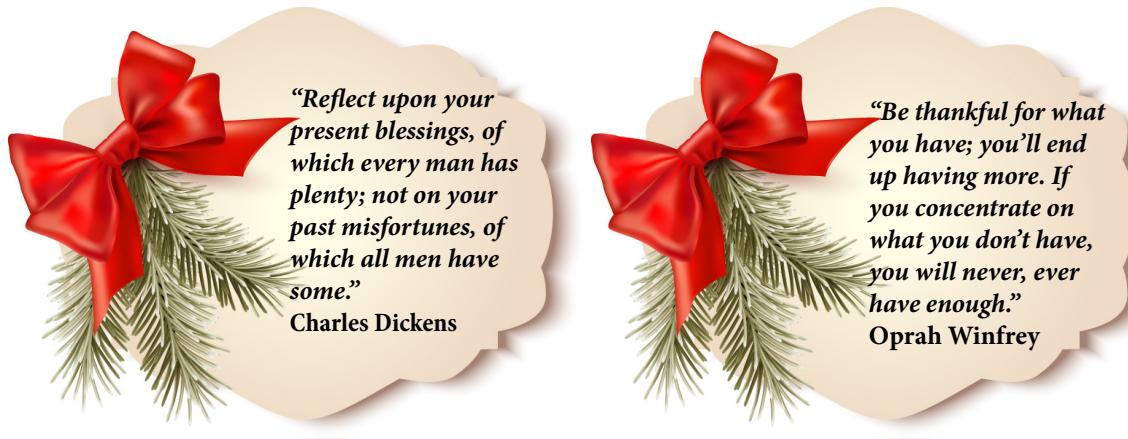
Take a few minutes right now and write down five personal power questions.

You can make them anything you like, but try to make one of them similar to this one:

What am I grateful for?

One common thing I find in just about every personal development program or book I’ve ever read is the advice to tap into the **power of gratitude**.

Here are two quotes which capture this important message:



So do this now: write those five questions - and then go for a walk and consciously think about and answer those questions in your mind.

Give yourself this gift this Christmas, Hanukkah, New Year or whatever holiday you celebrate..... and once you’ve done it, give the same gift to someone else, by sharing this article with them.

Blessings to you and your family,

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Presenter of [BeYourBest2016](#) training seminar