

**Presenter:**

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**Title:**

You Get What You Look For

**Abstract:**

What we focus on we get. If you look for the bad in people or a situation, that is what you find. If you look for the good in people or a situation, you find the good. The funny thing is, not only do you get what you focus on, but begin to become blind to the other things. Meaning, when you focus on the good things in people or situations, you will become more blind to the bad... Thus, you get what you look for, so look for the good.

**Learning Objectives/Outcomes:**

1. Identify the 3 core strategies to reframe your focus
2. Learn how to create a new habit of looking for the good in a situation
3. Learn the underlying reasons people truly focus on the negative in people and situations