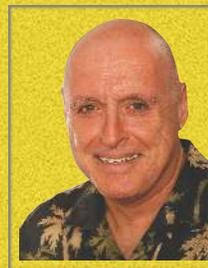


# THE EXTRA POINT

BY JERRY ROBERTS



## # 665 Attention vs. Intention

We've talked before about the importance of being intentional. Knowing what you want to do and doing it. However, I don't know that we've ever discussed being *attentional*, and how the two need to go together. I'm Jerry Roberts and today, we will explore how we should look at attention vs. intention. That's next, on The Extra Point.

A couple of year's back I connected on Facebook with a fellow named Joe Frazier, Jr. Yeah, the son of THAT Joe Frazier — Smokin' Joe Frazier — former heavyweight boxing champion. Joe junior is a man of faith, and promoter of good leadership principles.

I caught a post he made the other day and it struck a chord. He spoke about the difference between attention and intention, and I want to share his key points. I'll add some comments.

First, let's define the two words. Attention is taking notice of something or someone as being interesting or important. Intention is a plan to do a specific thing. Furthermore, attention takes place in the present, while intention is focused on the future.

Joe then told a little story about two guys who differed in their understanding of how to use attention and intention. Both didn't like their job and wanted something new. Friendlier coworkers, a more supportive boss, and maybe a few bucks more.

Let's start with Bob. He was intentional and focused his intention on his attention. By that, I mean he added skills, took college courses, read books, and followed a careful plan to making himself ready for that better job.

Now, let's look at Paul. He had his attention on his intention. He daydreamed about getting that better job and imagined how he would feel when he did. Oh boy, times would be so great then. He could just see it.

Paul wrote up his plan and added intricate details. He had a schedule for each day. He made up his own customized forms that he would use to track his progress. He had the whole thing laid down in writing.

There was only one problem with Paul's system. He never implemented it. You see, to him, the planning made him feel like he was making actual progress when, in reality, Paul was still stuck on square one.

Too many people make this mistake. In fact, it's that word "mistake" that is a big part of the problem. We're back to fear of failure. We just don't want to make mistakes, so we get knee-deep in the planning, the dreaming, that good feeling we get when we're thinking of how it's going to be when we reach our goal. Then we'll be happy, then we'll be fulfilled, then we'll be a success!

It feels so good we want to stay there, in the warmth of our good intentions. So we find a reason to tweak the plan a little more, and then a little more. We do anything but actually make a legitimate, practical, functional move toward our objective. Why do I continue to avoid doing what I know I need to do?

We all need to be more like Bob, to feed our intentions with attention and action. Intention leads to commitment, and commitment by itself is incomplete. Only with action does it all come together. Joe Frazier, Jr. scored a knockout with this post. It's a reminder we all need.

That's The Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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