

WISDOM SESSION

Focus, Reading, and Habits

“The more you move, the easier it is to keep moving. Maintain the momentum.” - James Clear

On focus ...

The irony of focus:

Make the most of one opportunity and more opportunities will come your way.

Moving boldly in one direction causes more paths to unfold before you.

To get more, focus on less.

On reading ...

If you love to read, or learn to love reading, you will have an amazing life. Period. Life will always have hardships, pressure, and incredibly annoying people, but books will make it all worthwhile. In books, you will find your North Star, and you will find you, which is why you are here.

Books are paper ships, to all the worlds, to ancient Egypt, outer space, eternity, into the childhood of your favorite musician, and — the most precious stunning journey of all — into your own heart, your own family, your own history and future and body.

Out of these flat almost two-dimensional boxes of paper will spring mountains, lions, concerts, galaxies, heroes. You will meet people who have been all but destroyed, who have risen up and will bring you with them. Books and stories are medicine, plaster casts for broken lives and hearts, slings for weakened spirits. And in reading, you will laugh harder than you ever imagined laughing, and this will be magic, heaven, and salvation. I promise.

Ponder ...

If you keep doing what you are about to do today for the next five years, will you end up with more of what you want or less of what you want?

- A Velocity of Being

Commit to the Lord whatever you do, and he will establish your plans.. — Proverbs 16:3

IDS - Invest Your Time Don't Spend It

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.