

There are 2 steps we need to take to avoid focusing away from the blessings we have:

1. Be aware that there is a constant voice or force that is going to try to get us to focus only on areas we're lacking. This voice is coming from the dark side of our nature.
2. It's our responsibility to fight this tendency, this means telling ourselves "I'm going to forget about that one area of lack & I'm going to focus even more strongly & reawaken appreciation for what I do have."