



the **Focus**  
68 SECONDS

**CONTRAST**  
*vs.* **CLARITY**

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**WORKBOOK**

# Contrast vs. Clarity

There are two sides to a point of attraction in your life. A person is going to attract either contrast or clarity in their life every 68 seconds. A person cannot live in contrast or clarity at the same time. If they try to do so, they will receive more contrast by default. Default living creates more of what you do not want, absence of what you don't want, which results in more negative emotional vibrations.

## What is Clarity?

Clarity is focusing on the positive things that you really, really want in life, and if you focus on them more than 68 seconds, you will begin to immediately experience positive emotional vibrations.

Clarity refers to the things that you really, really want in life, and as a result, what you give your positive focus. For more than 68 seconds, you will experience more clarity.

## What is Contrast?

Contrast is focusing on the negative things that you don't want in your life, and if you focus on them more than 68 seconds, you will begin to immediately experience negative emotional vibrations in a very powerful way.

According to Michael J. Losier in his book, *The Law of Attraction*, contrast is anything you don't like or doesn't make you feel good or causes you to be in a negative emotional mood. He further states, "The moment you identify something in your life that feels like contrast and you spend time complaining about it, talking about it, or declaring that you don't want it, you are offering a negative vibration. The Law of Attraction then responds to your negative vibrations by giving you more of the same."

Contrast is not all bad because without contrast in your life, you will not be able to know what you really, really want. A contrast analysis will assist you in becoming clearer about what you do want. Contrast is what you do not want in your life. It is something that is contrary to what you want. It is negatively focusing on the things you do not want. Contrast is that which differs or varies from what you want in life or the absence of what you do not want. What do you really want in life?

People who live a life focusing on contrast are undermining their present future. You will keep getting more contrast when you focus on the things you do not want, and as a result, you will experience negative emotional feelings as well as the absence of what you do not want. Contrast has a certain negative energy to it because it can help you to be clearer about your life. The less contrast in your life means that you are well on your

way to clarity and on your way to the positive things that you do want. In other words, contrast should bring you greater clarity in helping you understand what you don't want. Clarity through contrast is the key that will help you develop effective focusing.

When you find yourself focusing on the negative things that you don't want in life, stop and ask yourself the question, **according to Michael J. Losier: "So, what do I want in life?"**

This question will help you to become clearer about what you really, really want.

## **7 Process Steps in Developing a Contrast to Clarity Roadmap Worksheet**

*(I adapted this concept of contrast vs. clarity from Michael J. Losier.)*

1. Take an 8.5 x 11 white sheet of paper, and divide into two columns, Side 1 and Side 2. Then, write at the top of the left column "Side 1: Contrast – things I don't want or the absence of what I do not have," and at the top of the right column "Side 2: Clarity – things that I do want."
2. At the top of the page, write your ideal subject matter that you want to address or give your focus or attention.
3. Write on Side 1 (Contrast), the numbers 1-10 in a vertical list.
4. Write on Side 2 (Clarity), the numbers 1-10 in a vertical list.
5. Make a list on Side 1 (Contrast) of all the things you *do not* want relative to the particular subject matter or the absence of things that you do not have.
6. Write and make a list on Side 2 (Clarity) of all the things you *do* want relative to the particular subject matter. Side 2 will help you answer the question, "What do I really want?"
7. Take the sheet of paper and fold it in half, and each day for the next 30 days, only give attention and focus to Side 2 — the things that you like or want in life.

Whatever you give your attention to, the more you get of it. So, focus on Side 2.

Develop a Contrast to Clarity Roadmap Worksheet for each subject matter or ideal situation that you want to focus on. If you can, for the next 30 days, use the Contrast to Clarity Roadmap Worksheets, and you will perfect and enhance your ability to focus and develop more clarity in your life.

Following are two examples of a Contrast to Clarity Roadmap Worksheet that you can use to begin your focus on clarity. I modeled this worksheet after the ideas of my master trainer, Michael J. Losier, author of *The Law of Attraction*.

If you purchase Losier's book, it will give you more detail about his "Contrast Through Clarity Worksheet" It is a great read. He has sold more than 2 million copies of his book on *The Law of Attraction*.

# FOCUS/DESIRES: \*Contrast to Clarity Roadmap Worksheet

My ideal situation is \_\_\_\_\_ . So, what do I want?

(According to Michael J. Losier.)

SIDE 1: CONTRAST	SIDE 2: CLARITY
List the things I don't like or want or the absence of things I do not have.	List the things I like or want.
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

**EXAMPLE:** My ideal situation is **to experience financial increase**. So, what do I want?

(According to Michael J. Losier.)

SIDE 1: CONTRAST	SIDE 2: CLARITY
List the things I don't like or want or the absence of things you do not have.	List the things I like or want.
1. I hate debt.	1. I have a plan to eliminate debt.
2. Not making enough money or annual income.	2. I am in the process of developing a plan for increasing my annual net income by 10 percent each year.
3. I have a hard time obtaining financial increase.	3. I am in the process of creating more financial increase because I have a five-year plan.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

\*Concept developed and designed by Michael J. Losier, author of *The Law of Attraction*, 2006.





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