

Slow Down, Stay Present, and Practice the Stay

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Where does my attention tend to go when I am trying to focus on one thing?

- What most often pulls my attention away?
- When do I notice myself reaching for another distraction?
- What deserves more of my undivided attention?

[illegible]

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What happens when I feel the urge to stop what I am doing and follow a new thought?

- Which thoughts feel urgent even when they are not?
- How often do I interrupt my own focus?
- What might happen if I simply said, “Not right now”?

[illegible]

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How well do I stay with another person's story without preparing my own response?

- When am I most tempted to interrupt or share my experience?
- Can I let my own thought go and stay curious about theirs?
- How might my full attention change the conversation?

[illegible]

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What could I remove from my environment to make focused attention easier?

- Which tabs, devices, or notifications could I close or silence?
- Where could I choose one thing instead of several?
- What would help me stay engaged a little longer?

[illegible]

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Where could I practice doing one thing without adding another source of stimulation?

- How comfortable am I with quiet or unfilled moments?
- What do I automatically reach for when I feel restless?
- What might I notice if I allowed some space to remain empty?

[illegible]

The Lost Art of Paying Attention

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REFLECTION

After paying closer attention to my attention this week, what have I discovered about where it goes and where I want it to go?

- What distraction am I more aware of now?
- Where did practicing the stay make a difference?
- What deserves more of my presence moving forward?

