

## The Quality of Your Attention Assessment Quiz & 3 Tips to Cultivate Amazing Attention

The Full Life is all about building a life YOU love WHILE you love and care for those around. "Attention" is a critical skill that we've just got to get good at if we are to connect to this fullness that brings us inner happiness. So, let's get started!

## Take the Quiz: What Is the Quality of Your Attention?

I'm enjoying a new book just now from Sarah McLean called "The Power of Attention". In the book, she shares a series of questions (a few are here) to help you get a pulse on where your attention is at. Take a minute to make some notes.

- 1. Do I give enough attention to the people, activities, and things that are important to me?
- 2. How does someone or something respond when I give him/her/it my undivided attention? How do they respond when I am distracted in his/her/its presence?
- 3. Do I pay attention to and listen to my inner knowing/intuition?
- 4. How do I feel physically and where in my body do I feel it when I judge, feel spiteful, or have ill will toward a particular person or situation?
- 5. How do I feel and where in my body do I feel it when I offer loving and supportive attention to a family member, a friend, or a stranger?
- 6. How do I feel and where in my body do I feel it when someone ignores me, disregards my requests, or is generally not present when they're with me?
- 7. How do I feel and where in my body do I feel it when I am truly being paid attention to?
- 8. Do I often multitask or am I able to sustain an uninterrupted continuum of attention?
- 9. What external stimulus most distracts me? (My phone? My relationship? The people or objects in my environment?)
- 10. How long can I engage and be present with someone without looking at an electronic device?
  - OK...how do you feel? What new awareness is bubbling up? Something that surprised you? Could you set some intentions in areas that didn't feel so good?





## 3 "Full Life" Ways to Boost Your Attention Skills

- ✓ Make a list of the 5 people you MOST want to give your full attention to. Commit that when you are around them that you will really try to give them your full and undistracted attention. This means:
  - Put the phone down,
  - Stop moving around/doing other tasks,
  - Look them in the eye,
  - o Really listen to understand them vs listening to respond.
- ✓ Avoid Multi-Tasking; it creates stress in our bodies as well as making others feel our lack of attention.
  - When I'm talking to my kids....I'm just talking to my kids (check out the kids book "Mindful Monkey, Happy Panda" Psst...its for grown-ups too!)
- ✓ Practice the art of noticing when you aren't focused, with undistracted attention, and "fix it". Its not the now, it's the next that counts in life and there is always a chance to say "you know what, I'm sorry, I wasn't really listening. Its important to me that you know how much I value/love you. Can we start again?"

It's a work in progress as we move from a busy life to The Full Life but I pinky-promise swear it is so worth it! YOU are so worth it!

Amanda

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