

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?

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