

Our personal and professional lives are affected by **how we use our attention**. It's helpful to understand that **where** we place our attention **and what** we place our attention on expands. This expansion grows and even becomes something. So, that's why it's important to place our attention on what we value. The way to do this is to think about attention as a tool or form of currency. Just like money in a wallet, we can save, spend or even invest our attention.

Given that attention is dynamic and multifaceted, use the questions below, to help you develop your attention as a valuable tool in your personal or professional life.

Questions to help you Get Unstuck

- ☉ **Where do I place my attention? And what do I place my attention on? List all the areas you typically spend your time. There is no right way to do this. You can chunk them into larger buckets or list them all separately.**
- ☉ **Refer to your list and write down the areas you spend most of your attention or time on.**
- ☉ **Within your list, write the items that are most important to you or are of high value.**
- ☉ **Look at your answers. Ask yourself, am I aligned with what I value and how I spend my time? In other words, am I placing my attention on the things I value most?**
- ☉ **Ask yourself, is the way I am using my time and attention working for me? If not, what aspects do you want to change?**

Choose small, attainable steps that you can repeat often to create the change you seek.