Where's My Focus?

Where we place our attention shapes what we notice, experience, and remember.
It colors the very fabric of our lives and determines what we attract and what we repel.
Use your mind to look with your eyes for the evidence that you need.

What is the result I want?

What evidence should I look for to find that I will attain the result?

What can I focus on to find that evidence?

What deserves my attention?

What does not deserve my attention?

I can control:

I can't control:

Where we place our attention shapes what we notice and how we spend our time. Using this page can help you to identify what matters most, what you want to work toward, and what you can focus on to move in that direction. Decide what matters, what you hope to create or experience, and where you want to place your attention today.

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