

# Attention & Focus Awareness

*Noticing how your attention moves and settles*

When does my attention feel most steady or naturally engaged?

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When does my attention tend to drift, fragment, or feel strained?

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What patterns do I notice in how my focus changes throughout the day?

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**REFLECTION:** What I'm becoming aware of about my attention just by noticing it:

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*Attention doesn't need to be controlled—it often responds simply to being understood.*