

LIGHT TO DARK MONTHLY CHALLENGE

Training Intentional Attention

Where attention goes, energy flows. This challenge trains the mind to notice light within everyday darkness ~ by choice.

WEEK 1

SPOT THE SPARK



Focus: Awareness

Try This:

Once a day, notice one small positive inside a more negative feeling moment.

Ask:

“What small spark exists here?”

WEEK 2

FLIP THE LENS



Focus: Perspective

Try This:

- Choose one frustrating moment this week and view it through a new lens: A lesson, A redirection, A pause, or A reminder

Ask:

“If this moment had a purpose, what might it be?”

WEEK 3

ENERGY REDIRECT



Focus: Attention as energy

Try This:

- When you catch a negative thought loop, redirect your focus to: A breath, A sound, A sensation, or Doing one small task

Ask:

“Where do I want my energy to go instead?”

WEEK 4

LIGHT IN ACTION



Focus: Embodied experience

Try This:

- Respond to a challenge with a light- (positive energy) based action: Kindness, Humor, Patience, or Curiosity

Ask:

“How can I bring light through action?”

You can't always choose what happens, but you can choose where your attention goes.