

# Intentional Attention Daily Practice



*Where attention goes, energy flows.  
What you choose to focus on shapes your experience.*

1  
**PAUSE**

**“Where is my  
attention right  
now?”**

Purpose:  
To be in the  
present moment



2  
**NOTICE**

**“What is my  
attention  
feeding into?”**

Purpose:  
Awareness of  
energy exchange



3  
**CHOOSE**

**“I choose to  
focus on...  
\_\_\_\_\_”**

Purpose:  
To set an  
intentional  
direction



4  
**EMBODY**

**“How will I  
practice this  
today?”**

Purpose:  
Lived experience  
of focusing  
attention



5  
**REFLECT**

**“How did my  
focus shape my  
experience?”**

Purpose:  
Making Meaning  
and reinforcing  
intended thought  
patterns

