



RAISE YOUR ADMIRATION, PT. 1

PAYING ATTENTION TO WHAT'S ADMIRABLE

In this episode we discussed the impact of our hyper-stimulated culture on people's ability to pay attention. When our everyday world is a gauntlet of sensory experiences designed to *grab attention* we lose the practice and ability to *give attention* with determination and focus. Then, since the heart-felt act of admiration requires steady reflective attention, we also lose the benefits of admiration. Among admiration's chief benefits is its power to shape our conscience and character. Consequently, valuable moral virtues like courage, diligence and perseverance remain underdeveloped and everything in our lives become less meaningful, successful and satisfying as a result. So the place to start to disrupt this vicious cycle is to identify what you would like to admire and examine whether your attention is sufficiently focused in that direction.

RESPOND TO THE FOLLOWING INSTRUCTIONS. YOU WILL NEED TO USE THE BACK SIDE OF THIS PAGE TO MAKE YOUR NOTES.

List the top ten people, types of people (e.g. inventors) or "things" (e.g. beauty of nature,) you admire, or would like to admire.

Make a brief note saying why you admire, or would like to admire, each one.

Assess your attention quotient. Put a plus sign beside the ones you would say you spend a good amount of time paying attention to. Put a minus sign beside the ones you say you admire but spend little time thinking about.

What's Missing? Go down through your list and see if there's something missing that's not on the list that you would like to see on that list.

Target that new focus of attention/admiration with a "Lord help me" vow.

Identify at least two to three things that get a lot of your attention that might need to be resisted or set aside in order do a better job of giving your attention toward time for admiration.

This last instruction is preparatory for where the second part of this podcast topic on admiration will land on the next episode. Stay tuned.