



CREATE ATTENTION ALERTS

MOVE FROM PREOCCUPATION TO ADMIRATION

In this episode we continued to acknowledge the difficulty of “giving” our attention to admirable people and things, even though we know that we “become like what we admire.” Just knowing that doesn’t necessarily have the power to wrest our attention away from preoccupation with other interests and concerns. We must intentionally create moments in which we get reminded – startled even – by the opportunity to make a choice about how we’re focusing our attention. In this episode you heard the analogy of a little girl crashing through her dad’s newspaper to get his attention. That’s what you’ll have to create, i.e. things we call “attention alerts.” Read the following examples of “attention alerts” to get you thinking. Your goal is to think through routine daily actions, or common events that happen regularly. Then mentally “deputize” those actions or events to arrest your preoccupation and give you a chance to refocus your attention on things that matter most to you.

- **Whenever you press the garage door opener to drive in the garage and then close the door** turn your mind toward “home” and the people you’re about to encounter. Let that action alert you, “Time to turn other things off and pay attention.”
- **Whenever you’re checking out at the grocery store** clerks almost always wear name badges. Look for their name, say something kind or complimentary. Call them by name.
- **Whenever you sit down to eat**, p-a-u-s-e, b-r-e-a-t-h-e -- s-l-o-w-l-y, w-a-i-t. It’s important to pray at meal times. But too often our prayers are rushed and perfunctory. Before you pray, p-a-u-s-e. Think, *I’m about to put something good in my mouth. Let something good fill my mind first.* Wait until a simple “worthy” word or thought comes. Then pray it.
- **Whenever you pick up the TV remote**, don’t push a button without thanking God for something first, as if it is a payment you make to turn on the TV and let your mind be entertained.

ATTENTION ALERTS THAT MIGHT WORK FOR ME

