

Real Attention

A 14-DAY CHALLENGE

WAKING UP

Progress (Check off each day once finished)

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14

1 Try Something New

Notes:

2 Look the Wrong Way

Notes:

3 Does It Matter?

Notes:

4 Leaning into Relationships

Notes:

5 How Do You See?

Notes:

6 Working with Thoughts

Notes:

7 Leverage Boredom

Notes:

8 Practicing Stoicism

Notes:

9 Adventurous Listening

Notes:

10 Looking Deeply Into Your Food

Notes:

11 Alone with Others

Notes:

12 Be a 2-Percenter

Notes:

13 Who's In Charge?

Notes:

14 The Last Time Meditation

Notes: