

# 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: