

BEND, BUT DON'T BREAK



The subtle enemies that leave us in a place of bending to the point of almost breaking are the **distractions** that vie for our attention and pull us away from what's most important.

“Attention is the beginning of devotion.” –Poet Mary Oliver

Attention → Devotion → Cultivation of Heart

Where your attention goes will ultimately determine what you're devoted to, and what you're devoted to ultimately shapes who you become as well as the amount of joy, peace, and love cultivated in your life.

Distraction → Disordered Priorities → Absent from the Present

When you live a distracted life, your capacity for love, joy, and peace is limited because “urgent” will crowd out what's most important.

CULTURE TELLS US THESE LIES...

1. The faster you go, the better and more successful you'll be.
2. The more you own and the more you earn, the happier you'll be.
3. Succeed no matter the cost, because eventually it will be worth it.

WHAT'S THE WAY FORWARD?

Audit Your Attention:

What are you distracted from that you should be devoted to?

1. Where is your attention going?
2. What's not getting your attention?
3. What does that say about your priorities?
4. Where are you currently experiencing joy, peace, and love in your life?

Here's How:

1. Be in the present moment.

Psychologists Matthew Killingsworth and Daniel Gilbert found that the average human spends 47 percent of their waking hours thinking about something other than the moment they're currently in.

2. Don't fall into the distraction dilemma.

Sometimes there are little things that aren't inherently bad, but they distract us from what matters most. Even a good thing can distract you from a better thing.

3. Prioritize.

Identify distractions and then determine the priorities. This is meant to be broad because we're all in different places with different dynamics and different stuff going on. You need to figure out what these things look like for you. *See them. Define them. Do something about them.*

PRIORITIZATION APPLICATION EXERCISE:

1. How do you start your day?

2. What can only you do? (Only you can be your child's father, mother, etc.)

3. Where can you choose better? Be honest with yourself—what boundaries do you need to set so you can choose better?
