



Developing Dynamic Attention

Brain Power Inquiry

Focus drives results. Use your attention to change your brain, increase performance and strengthen relationships.

Read the statements below. Put a check by the ones that you find challenging. How might your professional and personal life change if you attended to the items that you have checked?

1. I regularly focus my attention, allowing no distractions.
2. I moderate the flow of information that comes my way.
3. I pause to observe and reflect on what is happening in the moment.
4. When I hit an impasse in my creativity, I call a time out so my brain can relax.
5. At the beginning of every day, I prioritize my work.
6. I create visuals (lists, mind maps) to help organize large amounts of information.
7. I schedule my most complex priorities when I am most alert.
8. I try to keep my mind free of clutter, holding only one or two ideas at a time.
9. I regularly unplug from technology to recharge myself.
10. I clear my mind before starting difficult tasks.
11. I monitor my levels of boredom and engagement throughout the day.
12. When my brain is tired, I take a break.
13. I have a strategy for reducing anxiety when I am under pressure.
14. I manage my expectations—keeping them realistic.
15. I speak about my ideas to gain more clarity.