

The Power of Attention Worksheet

Using the *Power of Attention* is like shining a flashlight in the darkness. Wherever we point its beam instantly becomes the reality of the moment. Take a few moments to complete this exercise.

Part I

Write down the three biggest challenges, fears, or concerns that have been consuming your attention over the past few days. Next to each issue, write down what you perceive as the most likely outcome of each situation.

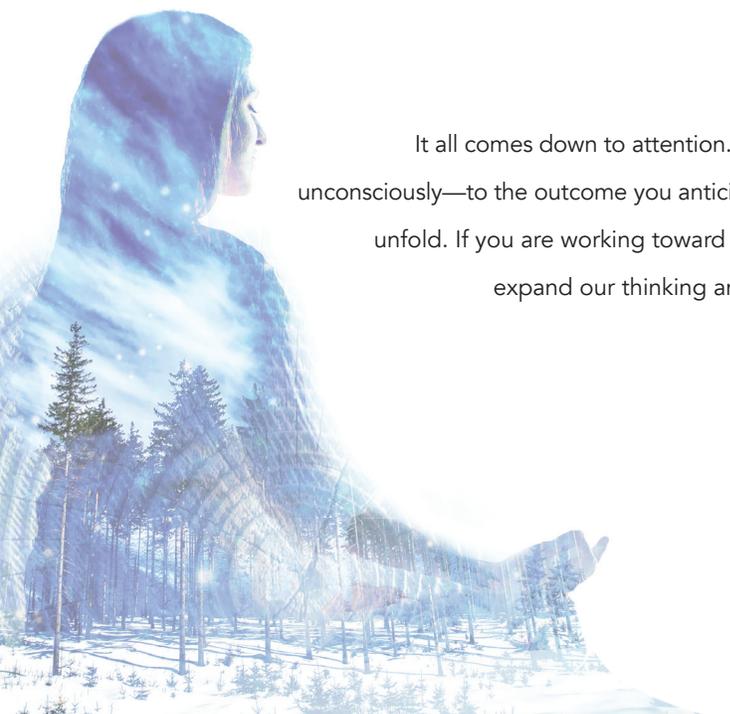
ISSUE

1 _____

2 _____

3 _____

EXPECTED OUTCOME

A woman in a blue hooded cloak is shown in profile, looking out over a snowy forest. The scene is ethereal, with soft light and falling snow. The woman's cloak has a subtle pattern, and the forest consists of tall, thin trees covered in snow.

It all comes down to attention. Wherever your attention is, you're giving power and energy—consciously or unconsciously—to the outcome you anticipate. If you fear the outcome, it prevents your natural ability of intention to unfold. If you are working toward the outcome, you are in the process of manifesting the outcome. When we expand our thinking and allow more possibilities to enter into our awareness - even just a little bit - our *Sacred Power of Attention* will begin to provide solutions.

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Part II

Write down the same three biggest challenges, fears, or concerns that have been consuming your attention over the past few days. Except this time, instead of writing down the most likely outcome, write down what you believe to be the best possible outcome—the one that would be a great solution to the challenge, transcend your fear, or ease your concerns – an outcome that would replace any anxiety you have with relief, satisfaction, and happiness.

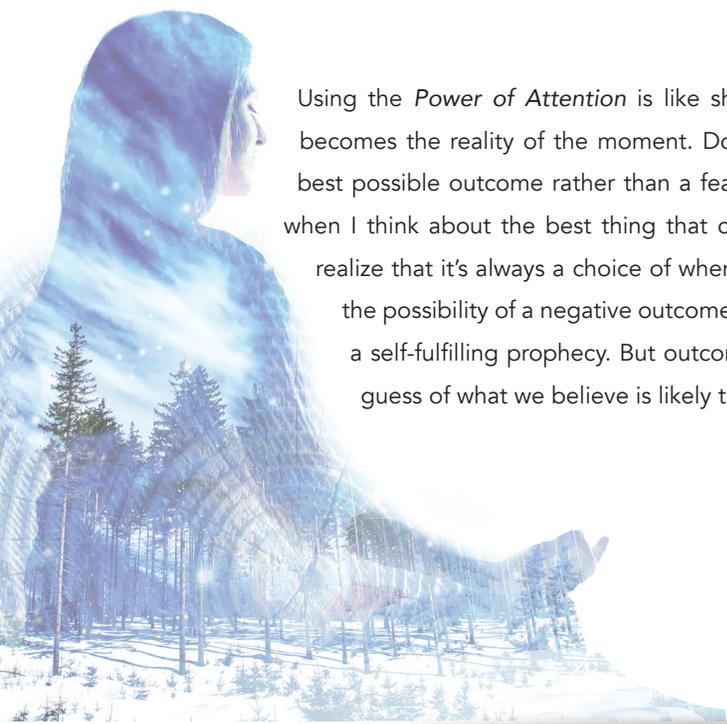
ISSUE

BEST POSSIBLE OUTCOME

1 _____

2 _____

3 _____



Using the *Power of Attention* is like shining a flashlight in the darkness. Wherever we point its beam instantly becomes the reality of the moment. Do you notice the difference in how you feel when your attention is on the best possible outcome rather than a feared outcome? The skeptic in you might say, “Well, of course I feel better when I think about the best thing that could happen.” But that’s the whole purpose of this process, to help you realize that it’s always a choice of where we want to place our attention. Sometimes when we get so familiar with the possibility of a negative outcome, we start expecting it, believing that it’s the *only* outcome—and it becomes a self-fulfilling prophecy. But outcomes are in the future, and the future is never carved in stone. At best it’s a guess of what we believe is likely to unfold.

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Part III

Now, next to your three biggest challenges, fears, or concerns that have been consuming your attention over the past few days, write down a third possible outcome. Not your most likely outcome, or the best possible one, but an outcome that could unfold that you'd never thought of before.

ISSUE

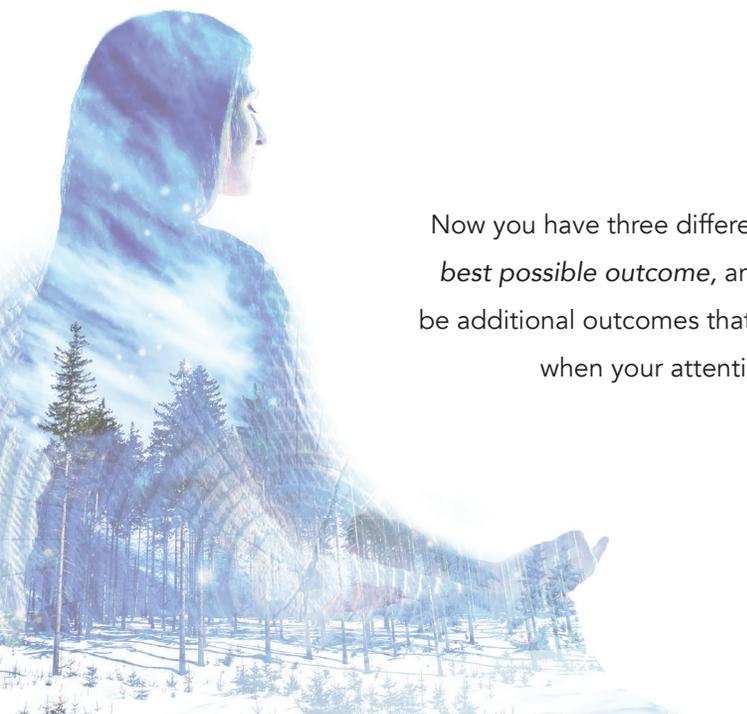
1 _____

2 _____

3 _____

MY THIRD POSSIBLE OUTCOME

Now you have three different outcomes for each pressing issue: *the expected outcome*, *your best possible outcome*, and *possible outcome*. As you reflect on each issue, there even may be additional outcomes that have come to mind. Do you notice the difference in how you feel when your attention is on the best possible outcome rather than a feared outcome?



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Part IV

Now, place your hand on your heart, and for each issue, ask yourself, "Which outcome do I truly desire?" Not "Which one do I expect?" but "Which outcome does my heart truly long for?" As the answers flow, write the desired outcomes below:

MY DESIRED OUTCOMES

- 1 _____
- 2 _____
- 3 _____

This is a pretty simple, yet fairly powerful process. It can be intense to look at your life and start moving it in the direction of your dreams. But, where you once were stuck or resigned to a particular outcome – you now can see other possibilities.

Remember: we have very little control over the outcomes that unfold in our life. We can influence them, spark them, direct them – but in the end the Universe decides. We do, however, *have total control over our outlook*. And, what we have just done through this exercise is expand our outlook! This is hard work. But you are cultivating your awareness at a very high level and this is where intention comes into play.



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