



DYAN WILLIAMS

Empowering Insights for Life, Work and Business

## ATTENTION WORKSHEET

Say “Yes” or “No” to the following statements based on what is truer for you. Your answers do not have to be 100% true all the time, but just more representative of your general attitudes and usual tendencies.

1. \_\_\_ I am able to focus on the present in the midst of chaos and confusion.
2. \_\_\_ I can attend to one thing at a time and not worry about the other things I am not getting done.
3. \_\_\_ I recognize that I can take action only in the present and do not get caught up by regrets about the past or anxieties about the future.
4. \_\_\_ I have a non-judgmental awareness of my emotions as they unfold.
5. \_\_\_ Life’s ups and downs do not affect me as most people I know.
6. \_\_\_ I can be fully aware of my thoughts without needing to always act on them.
7. \_\_\_ I have the ability to take mindful action even when painful or unpleasant feelings arise.
8. \_\_\_ I can appreciate the here and now without having an urgent need to fix or avoid what I think is wrong.
9. \_\_\_ Life is meaningful even when I am not filling it up with activity or keeping busy.
10. \_\_\_ I can enjoy the process regardless of the changes and challenges that arise along the way.

**Individuals who practice attention generally have the attitudes and tendencies listed above. This worksheet is designed to help you explore your own level of attention and is not a quiz where you calculate your score.**

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