

What Is Controlling Your Attention?

Breakfast with Champions · NLP: Cognitive Focus in the New Normal

WHAT THIS IS FOR

Every time you chase a goal in a noisy environment, you run the same few operations: hold the goal, ignore what's irrelevant, plan, check, update, switch. This handout makes them visible, so you can catch the moment your attention stops being yours.

The question to keep coming back to
What is your goal, and what is currently controlling your attention?

BEFORE YOU START

No materials needed. Just one real task from today.

- A task you're about to do, or already halfway through: writing, a decision, work with an AI tool, anything
- 10 minutes
- Your phone within reach. You'll want to notice it

THE EXERCISE

Work through the six in order, using your own task.

1. **Goal** — Write what you're actually trying to accomplish, in one sentence. If you can't, that's already the finding.
2. **Inhibit** — List what pulled at you in the last hour: tabs, messages, tangents, headlines, suggestions. For each one, was it relevant to the goal, or just interesting?
3. **Plan** — What is your very next move? Write it as an action, not an intention.
4. **Monitor** — Look at what you've produced so far. Is it moving you towards the goal from step 1, or just producing more?
5. **Update** — What have you learned that changes the next move? If something has, rewrite step 3.
6. **Switch** — Think of the last time you changed what you were doing. Was that a decision you made, or something that took your attention?

Then check your state: what state are you doing this from, and what would a more useful one be?

YOUR NOTES

Jot whatever surfaces. Full sentences not required.

Goal	
Inhibit	
Plan	
Monitor	
Update	
Switch	
State	

WHAT YOU NOTICED

Which of the six did you skip, or find hardest? And what was actually in charge of your attention?

YOUR ONE NEXT ACTION

Small enough that it actually happens. Before we next meet.