Attention Determines Your Life
Life is filled with many experiences, pleasant and unpleasant.

If we paid equal attention to these experiences it might look like this.
But we don’t.

We have evolved to pay more attention to what is going wrong and potential threats than to what is going right.

That might look more like this...
...or this...
...or this...
Pain

Hopelessness

Anxiety
Connection
Loss
Help

Caring
Inadequacy
Usefulness
Fear
Hurt
Abandonment
What could you do to make your experience more like this?
We don’t heal by getting rid of or avoiding everything that goes wrong in life.

We improve by noticing and taking actions to move towards what is right.
This doesn’t just happen naturally.

This requires effort.
evolution has given us brains that pay attention more to what is going wrong than what is going right.

many times our brain responds as if there is danger when there is no actual threat.

we often experience feelings like anxiety, inadequacy, and hopelessness, as if they are an enemy.

They are just our feelings.

feelings do not have to threaten us or destroy our lives.

we can have our feelings and chose actions to construct a life of purpose and value.