

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.

Anxiety

Caring

Inadequacy

Humor

Love

Usefulness

Hopelessness

Pain

Connection

Fear

Generosity

Playfulness

Hurt

Hope

Abandonment

Loss

Help

# 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...

**Anxiety**

Caring

Humor

**Inadequacy**

Love

Usefulness

**Hopelessness**

**Pain**

**Fear**

Connection

Generosity

Playfulness

**Hurt**

Hope

**Loss**

**Abandonment**

Help

...or this...

**Anxiety**

Caring

Humor

**Inadequacy**

Love

Usefulness

**Hopelessness**

**Pain**

**Fear**

Connection

Generosity

Playfulness

**Hurt**

Hope

**Loss**

**Abandonment**

Help

...or this...



Anxiety

Caring

Inadequacy

Usefulness

**Hopelessness**

Connection

**Pain**

Fear

Hurt

Hope

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Loss

Help

What could you do to make your  
experience more like this?

Anxiety

Caring

Inadequacy

Humor

Love

Hopelessness

Usefulness

Pain

Fear

Connection

Generosity

Hurt

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Loss

Hope

Abandonment

Help

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