“Paying Attention”

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“**Paying Attention**” can be difficult at times.

It has been determined through controlled studies that the normal span of attention for the average adult person is 12 minutes. Thereafter, most people are very easily distracted and will not fully receive the message being transmitted. Therefore, if you are getting down on yourself for not ‘paying attention’ well enough, cheer up.

Should you want to improve your ability to ‘pay attention’ well beyond the 12 minute span of the average person, try the following:

1. Concentrate your keenest attention only upon things that hold high interest for you;

2. Get plenty of rest every day;

3. Eat smaller meals so you are less likely to feel sleepy afterward;

4. Take lots of short breaks even if you do so mentally without leaving you work station;

5. Call someone with a cheerful personality & positive attitude who can brighten your day and don’t forget to thank the person for the little ‘pick me up chat’ thereafter;

6. Read a few pages or a short chapter in a thrilling book you keep handy;

7. Ask your spirit helper to aid you in staying more alert;

8. Psych yourself into the belief that you will be quizzed afterward about what was said and bring a pad & pen to record notes; and

9. Jot down questions that come to mind to serve as reminders for later review or voicing during a Q & A period.

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