

Module 3 — Attention as Lever

Why this matters

Attention is a currency and a steering wheel. What we attend to grows in salience and influence. Under uncertainty, deliberately choosing **what to feed** is how we retain agency without pretending we control outcomes.

Key ideas

- **Budget, then buy.** Treat attention like scarce time/energy.
 - **Pace vs. humanity.** Faster inputs shorten patience and squeeze compassion.
 - **Friction is a feature.** Add tiny obstacles to low-value loops; reduce friction for high-value acts.
 - **Social proof \neq truth.** Independence of judgment protects your attention commons.
-

MVP — 10 minutes/day \times 7 days

Goal: Reallocate 30-60 minutes/day from low-value loops to life-giving actions.

Daily steps (≤ 10 min) 1. Two no-scroll blocks (15-30 min). Phone away. 2. 1-minute Head/Heart/Gut check. 3. One deliberate click: begin the highest-value action.

Weekly steps (15-20 min) - Do the **Attention Audit** once. - Pick **two friction edits** (add friction to low-value; remove friction for high-value).

Safety / opt-outs - If anxiety spikes, shorten blocks to 5 min + 3 slow breaths. - If your device is safety-critical, set whitelist exceptions.

7-Day Attention Audit

Track one ordinary day, then summarize.

- 1) **Inputs inventory** (top 10 inputs last 48h). Mark Energy (+2...-2), Integrity (Y/N), Friction (Easy/Med/Hard).
 - 2) **Time slices** (estimate hours per input).
 - 3) **Reallocate** two downshifts (-15-30 min) and one upshift (+30-60 min).
 - 4) **Commit**: "I won't feed ___ from ___ to ." / "***I will feed*** right after ___."
 - 5) **Measure** nightly: Integrity, Clarity, Care, Recovery (1-5) + one sentence insight.
-

Printable — 1-Page Practice Card

Choose What to Feed - Two no-scroll blocks (15-30 min) - 3 breaths + 1-min H/H/G check - One deliberate click → highest-value action - Friction edits: +friction low-value; -friction high-value - Evening pulse: Integrity / Clarity / Care / Recovery (1-5)

Evidence (optional, anonymous)

- Baseline vs. Day 7 averages on the four pulses.
 - Free-text: "Where did saved minutes go?" "One surprising barrier?"
-

FAQ

Q: Is this productivity cosplay?

A: No. The north star is humane presence. The aim is space where care can compound.