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title: "Module 3 — Attention as Lever" version: "1.0.0" last_updated: "2025-08-22" maintainers: ["Beau", "Contributors"] summary: "Attention funds reality. Spend it where care can compound." mvp_time_per_day: "$\leq$10 minutes" tags: ["attention","practice","audit"] license: "CC BY-SA 4.0"

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 × 7 days

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

Daily steps ($\leq$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.