

HOW CAN ATTENTION MANAGEMENT HELP YOU?



Manage Your Attention,
Not Your Time

Most people seem to go through life at a frantic pace, trying to accomplish more and more in a twenty-four-hour period without ever getting it done.

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Researchers have concluded that it is not time management that we need to incorporate into daily routines, but attention management. Attention management is the concept that you control what gets your attention based on what is most important to you.

There are many benefits to learning how to manage your attention. Here are a few benefits to making that shift.

Benefits of Attention Management

Attention management models show you how to change your priorities to what you desire, allow you to take control of your life, and **help you to stop multitasking** so you can get things done. There are many ways that this management technique can help you to take charge of your days.

Empowers You to Be Productive

One of the most important benefits of attention management is the empowerment aspect. By sitting in the driver's seat of your life and deciding what takes priority, you will be more productive throughout the day. The sense of accomplishment you will feel at the end of a task will empower you to move to the next step and then the next.

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Increases Your Motivation

When you feel the sense of satisfaction from getting your top priorities completed, this feeling tends to motivate you to keep moving forward. This intrinsic motivation is typically lasting and addictive, so that it results in more desire to get things done.

Gives You Back Your Energy

Moving constantly with the frantic feeling that many people experience tends to take its toll on the body. The result is typically exhaustion, even when the day is just starting. Using attention management techniques can help you get things done without that feeling, thus giving you back your energy.

Creates More Time

Although you cannot create more time in a day, you can get things done differently, so it seems to create more time for you. Attention management allows you to prioritize your to-do list so that you get things done promptly.

Overall, attention management is a tool that you should use to help you create the life you desire. By taking control of your priorities and using techniques to help you achieve your goals, you will feel less stressed and have more fulfillment in your life.

