

Photo credit: Chelsea Sanders BlueLine Media



**H**ave you noticed that your attention is often split between two things? Do you ever feel like you aren't completely present for anything you do? Being fully present – bringing your full attention into alignment with your intention for the moment – will transform the way you experience your life.

Multi-tasking looks like this: driving and checking your phone at red lights; walking through the airport and reading your email; “listening” while you are also doing email; talking on the phone at the same time as you are talking to someone right in front of you; etc. It all adds up to the same thing: **showing up and not really being there at all.** The best part about this Positivity Link™ is that it is free, universally available, and will actually save you time and improve your results in your work life and your life's work.

### TRY THIS ...

Identify a few opportunities in your day that you are going to really show up for, and commit yourself to doing it. This could be a particular meeting at work, a phone call, or the first hour your family is together at the end of the day. To be successful at this, you will have to turn off/put away all distractions and say out loud to yourself, “My intention is to be fully present for this (fill in the blank).” Notice how you feel and the results you get.

### GUIDING PRINCIPLES

- **Experiment** - be fully present in small increments.
- **Practice** - frequency is more important than duration.
- What you do with your attention **really matters.**

### ADDITIONAL RESOURCES

John Medina's *Brain Rules* (2014)

*Why Multitasking Doesn't Work*, Forbes  
<http://www.forbes.com/sites/douglasmerrill/2012/08/17/why-multitasking-doesnt-work/>