

The Stewardship of Attention Worksheet

We *spend* time and *pay* attention. These aren't metaphors. They're our two primary currencies. This page helps you see where yours are going this week, and choose where they go next.

1 Where did my time go?

List the five things that took the most hours this week, and roughly how many hours each.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2 Where did my attention go?

What pulled at your attention most? Which of those left you more whole, and which left you scattered?

3 What am I building?

For each currency, name one place you'll give it this week, to something that lasts: a skill, a relationship, your health, your faith, your craft.

4 One focused block

Choose one 20-minute block for focused practice: your instrument, or anything that matters to you. Put your phone in another room. When your attention drifts, notice it without judgment and bring it back.

5 Look back

At the end of the week: what did the focused block give you? What will you keep, and what will you change?

"So teach us to number our days that we may get a heart of wisdom" (Psalm 90:12, ESV).

From Jake Douglass, founder of Practicing Musician.