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RECLAIMING YOUR ATTENTION

Our attention is the fuel that drives our lives No matter what people say about what they value, what matters is where they put their attention.

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HOW DO WE TURN THINGS AROUND?

Think of the Queen Mary, of how large it is and the rudder. There's a tiny thing on the edge of the rudder called a trim-tab, a miniature rudder. Moving the little trim-tab builds a low pressure that pulls the rudder (and the whole ship) around.

Attention is the brain's trim-tab. There are three ways to take charge of your own trim-tab that will facilitate connecting with others:

- Changing The Noun "Relationship" To The Verb "to Relate"
- Identifying discoveries instead of certainties
- Identifying "Differences as difficulties" to "differences as resources"

SOURCE: "**Reconcilable Differences Connecting is a Disconnected World**, written by Dawna Markova, Ph.D. and Angie McArthur.