

# Tuning Your Attention Activity



# Tuning Your Attention Activity Instruction

**I'm going to give you 10 seconds to look around the room and see everything that you can that is the color BLUE. Try to remember everything that is the BLUE. OK, GO! 10 seconds quietly look at everything that is the color BLUE.**

**Now, close your eyes. With your eyes closed bring to mind all of the RED items you saw. (LAUGH) With your eyes closed raise your hands if you saw more BLUE than RED. That's almost all of you!**



# Reticular Activating System



**where your  
attention goes  
your energy flows**

Bring into our  
awareness what we're  
looking for, and filter  
out what we are not  
looking for