

# Archive of Attention

*A Practice using TEXTS, ATTENTION, & EVERYDAY OBJECTS*

## Step 1:

Open the text. Attend to a *single sentence*.

*(1 min)*

## Step 2:

From your space, gather two objects that feel *attentionally connected* to your reading in **Step 1**.

*(1 min)*

## Step 3:

Attend to these objects — your "archive of attention".

*(1 min)*