Mindfulness - By managing your attention, you can choose what you give your attention to, as well as what you do not. You engage in many different activities each day, often without giving them any attention at all. By managing your attention, you can become mindful whether you are meditating or kayaking or doing any activity.

Breathing - Breathing is something you always do, even without giving it any attention. But when you do pay attention to your breathing, you will immediately find yourself, relaxing.

Condition - Take time to check your condition. Pay attention to your different states of being throughout your day.

Senses - You can adjust the attention you give your senses anytime. Pay attention to your senses to learn how to watch yourself and the world around you.

Perspective - You can quickly change your perspective in time, by thinking of the past or of the future. You can always bring your attention back to now and this present moment. You can also use knowledge and information to change your perspective of space, both at a macroscopic level and a microscopic level. Atoms are made mostly of space as is the universe.

Emotions - Pay attention to fear, anger, and sadness. By giving your emotions some attention, you can reduce stress levels caused by negative emotions. Let visions of the future be full of joy and peacefulness.

To Do List - There is always a to do list. Keep it short and give it attention when necessary, but do not constantly dwell on things that need to be done. Remember to keep the fun things near the top of the list.

Roles - You have many roles in your life. Everyone wears a mask at different times. Remember to use your imagination to view your life and your day, as if it were a play or a movie and you are in the audience watching. Sometimes you may imagine who is in the audience also watching you play your role.

Reality - Reality, it is what it is. Pay attention to your rules, your activities, your habits, and your routines. Give attention to desires and things that bother you. Once you focus your attention, you can change, reduce, or eliminate what is unwanted.