

## How to practice the skill of noticing in your week

**Noticing is the intentional act of paying attention - especially to the things others might miss.**

In a world of autopilot routines and constant distractions, developing this skill helps us break patterns, spark creativity and learn more deeply from everyday experiences.

### Coach yourself questions

When am I most likely to operate on autopilot at work?



What will I do differently to notice more next week?



### 9 ideas to practice noticing



#### 1. Notice when time flies

Moments can be the same duration but feel very different. When time flies:

- What were you doing, and why did it feel so engaging?
- How could you bring more of that into your week?

#### 2. Notice what's not being said

Look beyond the words in meetings. Pay attention to:

- Body language and unspoken cues: who seems nervous, distracted, or trying to speak.

It can also help you to stay engaged in the moment too.

#### 3. Notice how an hour without your phone feels

- How do you feel: worried, liberated, creative, focused?
- Have you missed anything?
- Could you build phone-free time into your day?

#### 4. Notice what's on your manager's worry list

Pay attention to questions/topics they keep returning to:

- Can you spot 3 recurring concerns?
- Are your priorities aligned or disconnected?

#### 5. Notice 5 things on your commute

Spot details you usually miss & turn autopilot into attention. Try:

- Looking out the window, listening to conversations.
- Taking a new route/direction.

#### 6. Notice what doesn't get done

Track unfinished weekly actions and what never gets completed.

- Can you drop something or change your approach? e.g. progress versus perfection.
- Are these priorities only yours or shared?

#### 7. Notice your inner monologue

Is it an inner coach or a critical gremlin? Try to:

- Reflect on how you feel at the end of a week: proud/productive/lots not done?
- Tune in and shift your self-talk.
- Write down daily thoughts to reflect on later.

#### 8. Notice what you don't know

Tracking gaps can focus your learning/spark curiosity. Try:

- Creating a "don't know" list & aside time to explore these.
- Breaking big topics into smaller questions to get started.
- Asking who or what can help you turn this into a 'know'.

#### 9. Notice strengths in action

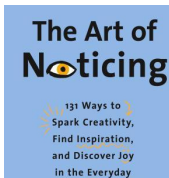
Give specific feedback on when you see people at their best to reinforce their positive impact:

- Spot the situation, e.g., "In today's meeting, I noticed..."
- Describe what was brilliant and why, e.g., "That was brilliant because..."

### Recommended resources



**The Art of Noticing.**  
Substack packed full of insights on noticing by Rob Walker



**The Art of Noticing:**  
131 Ways to Spark Creativity, Find Inspiration, and Discover Joy in the Everyday by Rob Walker



Watch Helen try out some more ways to add in noticing to your week in this short **'How To' video.**