

How to use spaciousness to manage your attention

Megan Reitz defines spaciousness as *"expansive and unhurried attention where we are neither grasping towards the next moment nor running away from the previous one. We're aware of our interconnection with the world around us, free from expectation, curious and open to potential."*

Spaciousness matters because without it we stay stuck in doing mode, reacting to everything rather than choosing where our attention goes.



PERMISSION TO PAUSE:
Rediscovering
'spaciousness' at work

Deeper Dive

Ideas for action



Build unhurried attention

Ask: "When do I feel most present - not worrying about what's happened/going to happen?"

Try: work on one task uninterrupted for 45 minutes. Notice what helps you stay present (people, place or purpose).

Zoom out to see interconnection

Ask: "Who influences my career that I have no control over?"

Try: map where your work comes from and where it goes (people, teams, systems). Spot any new patterns, overlaps or dependencies.

Let go of the "shoulds"

Ask: "What are three 'shoulds' that are getting in my way?"

Try: decide 3 things you want to feel proud of by the end of the year, without those 'shoulds' driving your decisions.

Stay curious and open

Ask: "What's something I don't think will work, but I'm open to experimenting with?"

Try: giving it a go, staying open rather than trying to prove yourself right. Focus on what you learned instead.

Coach yourself

Where could I create some spaciousness in my work this week?

