

**HEADLAMP • AWR-002 • 1/2**

[ Make notes, Make it yours > > ]

Attention works like a headlamp beam.

Whatever it points toward  
starts becoming the trail (and trial?).

Useful at times.  
Misleading at times.

Training to notice your awareness  
changes the trail ahead.

-----fold -----

**HEADLAMP • AWR-002 • 2/2**

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Try adjusting the beam:

- wider
- softer
- slower
- more deliberate

Notice:

What keeps pulling your attention forward?

Some things need action.

Some things need less light.

Field Discoveries ^^^^