

The Power of Attention

From Autopilot to Awareness: Harnessing the Power of Attention

Workbook by Susana Solari

1: Awareness Starts with Attention

Welcome

This workbook is your guide to reflect, take notes, and integrate what you'll learn during *The Power of Attention* workshop.

"Where your attention goes, your energy flows."

What is Attention?

Attention is your ability to focus on one thing at a time—on purpose. It's what allows you to step out of autopilot and consciously choose your responses instead of reacting automatically.

Reflection: Where is Your Attention Today?

Take a moment to reflect on where your energy goes most of the time.

What occupies your thoughts during the day?

What situations make you feel most tense or reactive?

When was the last time you felt fully present—calm, aware, at ease?

2: The Body–Mind Loop

When your brain perceives a *threat*—real or imagined—your body reacts automatically through the **fight-or-flight response**.

The cycle looks like this:

Thought → Emotion → Body Response → Brain Signal → Thought

Over time, this loop becomes habitual—and your body stays “on call,” even when no danger is present.

Exercise: Noticing Your Body’s Reaction

Think of a recent stressful moment.

What happened in your body first? (Circle or write)

☐ Shallow breathing

☐ Tight shoulders

☐ Racing heart

☐ Stomach tension

☐ Other: _____

💡 Now ask yourself:

What was the thought that came right before that body reaction?

Practice During the Workshop

We’ll explore how to:



Calm the body to calm the mind



Bring your attention back to the present moment



Choose the meaning you give to your experiences

Take notes below during the live practice:

3: Reprogramming Through Attention

The Shift

When we consciously direct attention to the body—through breath, gentle movement, or grounding—we *distract* it from the fight-or-flight pattern.

This sends a new signal of safety to the brain.

From there, the mind follows, and new neural pathways begin to form.

Reflection: Your Power of Attention Plan

 What area of your life feels most “on autopilot”?

 What new response would you like to cultivate instead?

 One simple action I can take to bring attention back to the present moment is:

Remember:

Transformation doesn't happen by pushing harder.

It begins when you bring awareness to your body, focus your attention, and create space for new choices.

“Train your attention like a muscle—and it will lead you back to peace.”

With warmth,

Susana Solari

Osteopath & Women's Wellness Coach

A Mindful Map to Clarity, Calm & Focus