

HEAR OUT <i>Attentional Fitness Daily Workout</i>			
TIME AVAILABLE?	None	1-5 minutes	5-20+ minutes
USE A TIMER?	NO	YES or NO	YES
CHECK IN	<ul style="list-style-type: none"> • Are there any sensations in your body related to not having enough time to practice? • If so, try to briefly explore such sensations non-verbally (e.g. size, shape, flavor, intensity, solidity, motion, or change). 	<ul style="list-style-type: none"> • What does your body feel like right now? • What is the general state of your mind right now? • Is there any sense at all that your body or your mind should be somehow different that they are right now? • If so, what happens when you consider that, <i>in reality, my body and my mind should be exactly as they are right now?</i> 	
LISTEN OUT	<ul style="list-style-type: none"> • Notice how the present sounds. Suspend evaluating sounds as pleasant or unpleasant as well as the urge to identify the sources. 		
			<ul style="list-style-type: none"> • Restrict your attention to exploring any sound activity or silence occurring in the environment around you. • Allow all other activity to operate in the background. • Every few seconds, aim your attention on a particular occurrence of sound activity or silence, then rest your attention there for a few seconds or until it switches from active to silence or from silence to active. • Optional labels are hear out and hear rest. • Whenever you realize that something other than external sounds or silence has become the primary focus of your attention, gently re-establish the rhythm of clearly noticing and savoring the acoustic environment. • Instead of making a problem out of any internal conversations, let them support your efforts by using them as a reminder to slide your listening back out.
TRANSITION	<ul style="list-style-type: none"> • Try to continue noticing external sounds and silence around you as you transition into your next activity. 		
DURING THE DAY	<ul style="list-style-type: none"> • At random points throughout the day, pause to briefly notice and savor how the present sounds. 		