What has my attention? *What might I be missing?*

In a conversation, you might notice that you are preparing your answer while the other person is still speaking. If it feels useful, pause and consider what else is available to notice.

01 Notice.

What has your attention right now? You might notice the other person's words, your own reply, a feeling, or something around you.

02 Consider.

What or whom might you be overlooking? Let the question remain open. You do not have to settle on an explanation.

03 Choose.

You might listen longer, ask a clarifying question, or pause before replying. You can also choose to observe or pass on the reflection.

Afterward: what did you notice?

Adapted from Mercedes Laney's September 2026 Evermay presentation. This is an invitation to observe an ordinary experience, not a test or a claim about program effects.