



Attention Is Your Life

A fifteen-minute pause in a noisy world – with Paul Cleworth

THE BIG IDEA

Every app on your phone has been engineered by some of the cleverest people alive to capture one thing: your attention. And almost none of us could say where ours actually went today. Your scarcest resource was never money – it is attention. Where it goes, your life goes, so this episode is about taking it back.

“Carpe diem. Seize the day, boys. Make your lives extraordinary.”

– Dead Poets Society, 1989

John Keating stands on his desk so the boys can see the world from a different angle. A film about attention, paid deliberately.

“Anything different is good.”

– Groundhog Day, 1993

Phil Connors wakes to Sonny & Cher every morning until he learns the way out of the loop: pay attention to the day in front of him.

EPISODE OVERVIEW

The Hook	Dead Poets Society + Groundhog Day – two films, one idea.
The Problem	The attention economy is engineered to capture and resell your focus.
The Stoics	Marcus, Seneca, William James – attention as the root of judgement.
The Practice	Notice where it goes. Protect a daily window. Audit the day.
Who It's For	Anyone constantly busy and unsure where the day actually went.
What to Expect	~15 minutes. One idea. Three things you can actually do.

WHY 'ATTENTION'?

In investing – where focus goes, energy flows. The calm investor reads less news, makes fewer trades, sleeps better.

In family life – undivided attention is the gift. Phone in another room beats every present you can buy.

In business – deep work beats reactive work. Always.

In life – attention is, quite literally, your life. Spend it accordingly.

“Where did your attention actually go today?”

– the question underneath every well-lived day

STOIC & OTHER WISDOM

“Your soul takes on the colour of your thoughts.”

MARCUS AURELIUS · MEDITATIONS

“It is not that we have a short time to live, but that we waste a lot of it.”

SENECA · ON THE SHORTNESS OF LIFE

“Confine yourself to the present.”

MARCUS AURELIUS · MEDITATIONS

“The faculty of voluntarily bringing back a wandering attention is the very root of judgement, character, and will.”

WILLIAM JAMES · THE PRINCIPLES OF PSYCHOLOGY, 1890

REFERENCES THIS EPISODE

FILM

Dead Poets Society (1989) · Groundhog Day (1993)

MUSIC

The Police – Too Much Information (1981)

BOOKS & THINKERS

The Principles of Psychology – William James · Stillness is the Key – Ryan Holiday · The Psychology of Money – Morgan Housel · Same As Ever – Morgan Housel · 12 Rules for Life – Jordan B. Peterson · Ikigai – García & Miralles · Deep Work – Cal Newport

THE STEADY PATH PRINCIPLE

Notice. Protect. Audit.

THIS EPISODE'S REFLECTION QUESTION

“If your attention is your life, what is your life currently saying about what you value?”

Not what you tell people. Not what you put on a vision board. What does the evidence of how you actually spent today say?

COMING UP – EPISODE 03

How Much Is Enough?

“What would ‘enough’ actually look like for me?”

Sit with the question before the next episode.

TAKE THIS WITH YOU Attention is the most precious thing you give. Spend it on what actually matters.

Slow down. Think clearly. Keep walking your steady path.

Paul Cleworth | Tandem Financial Ltd | paul@thesteadypath.co.uk | thesteadypath.co.uk

tandem.
tandemfinancial.co.uk