



# Other People Mindset

*Being present and giving others my attention*



## WHAT DOES THIS MEAN?

*When I'm with other people, I'm present and give them my full attention.*

This element of the Other People Mindset is so important today due to the increasing number of distractions vying for our time and attention. Phone calls, text messages, emails, and social media notifications all have the dangerous capacity to pull us away from the present moment and what's most important – our relationships with other people. How dangerous is this? Very.

Dr. Jean Twenge, author of *iGen*, cites research that should scare us about people born between 1995 and 2012. As she explains, "Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones." But this isn't just about kids. Adults, too, are addicted to devices and social media — and are being negatively impacted mentally, emotionally, and physically by these addictions.

## WHY DOES IT MATTER?

Just like plants need sunlight to grow, our relationships need attention. The research is crystal clear, relationships are the cornerstone of health, happiness, and resilience. And, if we don't give our attention to the people we're building relationships with — whether family members, close friends, or even distant colleagues — we can't build those relationships.

On a group level, it's vitally important that we pick our heads up from our cell phones and truly listen to other people when they're talking. A positive culture is built with positive relationships — and we can't build positive relationships without attention. So, the answer is clear: we need to pay attention to people in our lives. That's going to be good for individuals, small groups, and large societies.

*Individuals who live with this might be described as:*

- Present
- Focused
- Engaged
- Charismatic
- Attentive
- Observant

*Individuals with this are likely to think, feel, or behave in the following ways:*

- When someone is talking to me, I don't check my phone.
- I have a strategy to minimize distractions — such as a "digital sunset" in the evenings.
- I practice active listening techniques in my conversations.
- When a friend, student, or colleague is performing, I pay attention.
- I want others to pay attention to and listen to me — so I pay attention to and listen to them.

## QUOTES ON THIS

*"Life is what happens when you put down your phone."*

**-KID PRESIDENT**

*"Clarity about what matters provides clarity about what does not."*

**-CAL NEWPORT**

*"Attention, from the Latin for 'reach toward,' is the most basic ingredient in any relationship, from a casual friendship to a lifelong marriage."*

**-WINIFRED GALLAGHER, RAPT**

*"Success in life is founded upon attention to the small things rather than to the large things; to the everyday things nearest to us rather than to the things that are remote and uncommon."*

**-BOOKER T. WASHINGTON**