

3 Benefits of Being Heedful and 4 Ways to be More Heedful

In the Harvard Business Review, Maura Thompson wrote, “To control your life, control what you pay attention to. Your attention determines the experiences you have, and the experiences you have determine your life.”

“My experience is what I agree to attend to.” ~William James

How heedful are you? When you think about the lifespan of human beings, there isn't much time. Even if you live to be a hundred years old it is limited and swiftly passes. Just ask anyone who is closer to a hundred than to fifty. You must make the most of every opportunity and experience you get to have during your time here on earth because time goes by in the blink of an eye. We don't say this to scare you, but hopefully to motivate you to be heedful to your goals and dreams in the short time you have to accomplish them.

In this article we will share with you the benefits of being heedful and how to be more heedful so that you can be sure to achieve the success you desire.

“The Benefits of Being Heedful”

You are more productive –

When you heed advice from experts, you don't waste time learning the hard way. In the long run, you get more done by listening to people who have successfully been down the road you're travelling.

You learn more –

You will gain more knowledge when you give your full attention

to what is going on around you because you won't miss the important details that can make the biggest difference.

You are clear about what is happening –

Actively listening will help you understand what is being said. When you're sure about what is being articulated, it improves your ability to connect the information being received to the ideas you already have in mind.

It improves your experiences –

Paying careful attention to the details, the people around you, and your environment will enhance every situation you encounter. It peaks your senses and creates all around better experiences.

There are so many benefits of being heedful, but in just looking at these four examples, it's easy to see being heedful is your best bet and one of the smartest things you can do.

Now that it's determined why being heedful will help you in achieving your goals and dreams, let's look at what you can do to be more heedful in your day-to-day practices.

“How to be More Heedful”

Stay in the moment –

I'm sure you've heard this said a million times, “Live in the present, stay in the moment!” There are benefits galore for living in the present, which includes less anxiety and a much happier demeanor. However, another very important benefit of being fully present in each moment is it allows you to be more heedful. You're not focused on what's happened in the past or what could happen in the future, you're all in right where you are.

Engage –

If you want to be more heedful, have meaningful conversations with the people you encounter. Ask questions that will help you learn more about who they are and listen carefully to their answers.

Take a break –

It is very difficult to give your full attention when you are exhausted. Resting and taking a break when you need it is just as important as the hard work. It allows you to refuel and get your thoughts together.

Set Goals –

The bottom line is, you must know what it is you want to accomplish or where you want to go. Having goals will guide your decisions and gives you motivation to act. Without goals, you won't be able to decipher between what the opportunities are and the distractions. It is impossible to manage what you don't measure.

There should be no doubt in your mind now that being more heedful in your life will impact your success greatly. The benefits speak for themselves, and you can improve your ability to be more heedful by making some slight adjustments in your daily practices.

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