

# I pay attention to the details

## **I pay attention to the details.**

I can see the trees in the forest. I can see the ants in the grass. I pay attention to the little details around me. I take notice of the small things that populate my world and make it special.

I know details matter.

**Details are important at work and at home.** I understand their worth and value.

I am detail-oriented. I am proud of the attention I give to small things. I stop and notice them. I am grateful for them. I use my time wisely.

**There is power in small things.** It is the details that make up the whole. I see how everything connects in this universe. The tiniest speck matters to me.

I concentrate on my surroundings. I see the world in a new light. I notice all the things that make up my life and understand where I can focus to get beneficial results.

Details help me stay on top of the world.

I listen to the small voices. I see the power in paying attention to everything.

Today, I acknowledge the importance of even the tiniest of things. I am grateful for the small things that work together to bring joy to my life.

## **Self-Reflection Questions:**

1. How can I pay attention to details without losing sight of the big picture?
2. How can I teach my children and others to see and listen to the small things?
3. What can I do to be more detail-oriented at work?