

05.

SEVEN DAYS OF PAYING ATTENTION



Seven actions. Seven reflections. One more intentional week.

Attention without action becomes observation. Action without reflection becomes repetition. This challenge asks for both.

PAY ATTENTION. THEN PARTICIPATE.

Take your time. Honest answers matter more than fast ones.

For seven days, you will notice something, revisit something, reach toward someone, make a decision, tell the truth, give value, and connect what the week revealed.

Each day has two pages. The first prepares the action. The second helps you study what happened. Complete the action before writing the reflection.

Do not hunt for signs or force meaning onto everything. Stay awake to your own life. Let attention sharpen your choices.

HOW TO USE THIS WORKBOOK

- 01.** Complete one day at a time. Avoid reading ahead when possible.
- 02.** Make the action real enough to create evidence.
- 03.** Miss a day? Continue. The point is attention, not perfection.

DIGITAL VERSION: 2RANDOM.APP

BEFORE THE WEEK BEGINS

Mark where you are today. You will return to this at the end.

CLARITY

1 2 3 4 5 6 7 8 9 10

PRESENCE

1 2 3 4 5 6 7 8 9 10

COURAGE

1 2 3 4 5 6 7 8 9 10

CONNECTION

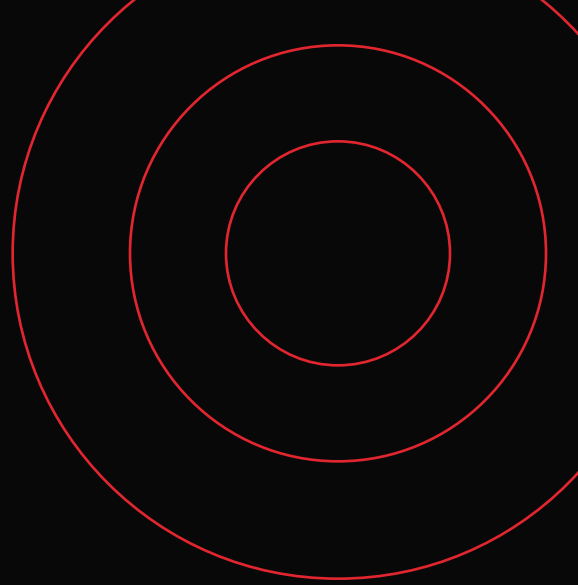
1 2 3 4 5 6 7 8 9 10

ENERGY

1 2 3 4 5 6 7 8 9 10

WHAT DO YOU HOPE THIS WEEK HELPS YOU NOTICE?

WHAT PART OF YOUR LIFE FEELS EASIEST TO IGNORE?



PAY ATTENTION. THEN PARTICIPATE.

B. AMECHI

NOTICE

Slow down long enough to see what keeps repeating.

TODAY'S ACTION

Write down three things that repeat today: a thought, phrase, name, feeling, number, opportunity, conflict, or idea.

WHAT HAS BEEN ASKING FOR YOUR ATTENTION LATELY?

WHERE ARE YOU USUALLY TOO RUSHED TO NOTICE?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT NOTICE REVEALED

Do not grade the day. Study it.

WHAT REPEATED?

WHAT MIGHT IT BE SHOWING YOU?

WHAT WILL YOU PAY CLOSER ATTENTION TO TOMORROW?

ONE SENTENCE TO CARRY FORWARD

REVISIT

Return to one old moment with new eyes.

TODAY'S ACTION

Choose an experience you once called random, unfair, inconvenient, or meaningless. Revisit it without changing the facts.

WHICH MOMENT STILL FEELS UNFINISHED?

WHAT DID YOU BELIEVE IT MEANT AT THE TIME?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT REVISIT REVEALED

Do not grade the day. Study it.

WHAT CAN YOU UNDERSTAND NOW?

WHAT CAME FROM IT THAT YOU COULD NOT SEE THEN?

WHAT REMAINS UNRESOLVED - AND CAN YOU ALLOW THAT?

ONE SENTENCE TO CARRY FORWARD

REACH OUT

Honor the person who came to mind.

TODAY'S ACTION

Contact someone who has been on your mind. Do not over-script it. Send the message, make the call, or write the note.

WHO CAME TO MIND?

WHAT HAVE YOU DELAYED SAYING?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT REACH OUT REVEALED

Do not grade the day. Study it.

WHAT DID YOU DO?

HOW DID THEY RESPOND - IF THEY RESPONDED?

WHAT DID THE ACT OF REACHING OUT REVEAL IN YOU?

ONE SENTENCE TO CARRY FORWARD

DECIDE

Make today answer to tomorrow.

TODAY'S ACTION

Choose one short-term decision that directly supports a long-term goal. Put it on the calendar and complete it.

WHICH LONG-TERM GOAL NEEDS EVIDENCE?

WHAT DISTRACTION KEEPS COMPETING WITH IT?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT DECIDE REVEALED

Do not grade the day. Study it.

WHAT DECISION DID YOU MAKE?

WHAT DID IT COST IN THE MOMENT?

HOW DID IT SERVE THE FUTURE YOU SAY YOU WANT?

ONE SENTENCE TO CARRY FORWARD

SAY IT

Move toward the honest conversation.

TODAY'S ACTION

Have one conversation you have been avoiding. Be specific. Say what happened, the impact, and what you need. Then listen.

WHAT TRUTH HAS BEEN SOFTENED OR DELAYED?

WHAT WOULD CARE SOUND LIKE WITHOUT HIDING?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT SAY IT REVEALED

Do not grade the day. Study it.

WHAT DID YOU SAY?

WHAT DID YOU HEAR THAT YOU COULD NOT HEAR BEFORE?

WHAT NEEDS TO HAPPEN NEXT?

ONE SENTENCE TO CARRY FORWARD

GIVE

Leave someone or somewhere better than you found it.

TODAY'S ACTION

Add value without keeping score. Share time, attention, access, encouragement, information, or practical help.

WHERE CAN YOU MAKE A REAL DIFFERENCE TODAY?

WHAT CAN YOU GIVE WITHOUT PERFORMING GENEROSITY?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT GIVE REVEALED

Do not grade the day. Study it.

WHAT DID YOU GIVE?

WHAT CHANGED BECAUSE YOU ACTED?

WHAT DID GIVING TEACH YOU ABOUT ABUNDANCE?

ONE SENTENCE TO CARRY FORWARD

CONNECT

Review the week and choose what continues.

TODAY'S ACTION

Read every answer from the previous six days. Circle what repeated. Underline what surprised you. Choose one lesson to live.

WHAT ARE YOU EXPECTING TO LEARN FROM THE REVIEW?

WHERE MIGHT YOU BE TEMPTED TO RUSH PAST THE LESSON?

BEFORE YOU MOVE

☐ I made the action specific.

☐ I chose when I will do it.

WHAT CONNECT REVEALED

Do not grade the day. Study it.

WHAT REPEATED ACROSS THE WEEK?

WHAT SURPRISED OR CHALLENGED YOU?

WHAT WILL YOU CARRY FORWARD?

ONE SENTENCE TO CARRY FORWARD

WHAT THE WEEK REVEALED

Read your answers before completing this page.

WHAT REPEATED ACROSS MULTIPLE DAYS?

WHAT SURPRISED, CHALLENGED, OR CHANGED YOU?

WHAT TRUTH BECAME HARDER TO IGNORE?

KEEP PAYING ATTENTION

Meaning becomes useful when it changes how you move.

I will not wait for life to become louder before I listen. I will notice what repeats, respond to what matters, and participate in the future I keep asking for.

THE PRACTICE I WILL CONTINUE DAILY...

THE CONVERSATION OR DECISION I WILL COMPLETE...

MAKE IT REAL

Give the decision enough structure to survive the feeling.

THE LESSON I WILL CARRY INTO THE NEXT THIRTY DAYS...

HOW WILL I RETURN WHEN I LOSE ATTENTION?

NAME _____

DATE _____

Move like you mean it.

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PRODUCER. STRATEGIST. BUILDER.

B. Amechi is an award-winning podcast producer, strategist, entrepreneur, and the author of NoThing Is Random: Making Sense of What Life's Been Trying to Tell You.

His work spans media, AI strategy and solutions, brand building, live experiences, education, and community. As founder of CNFDNT and a producer behind high-impact platforms and conversations, he builds frameworks that help people turn insight into action.

These workbooks extend the mission of NoThing Is Random: pay closer attention to your life, recognize what it is teaching you, and participate in what comes next.



CONTINUE THE EXPERIENCE
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Complete the digital challenges, explore the book, and keep going.