

The Attention Commons Canvas

Protect and regenerate collective attention capacity — the cognitive infrastructure on which systemic intelligence, story, and identity all depend.

PERSON / ORGANIZATION	DATE	FACILITATOR

1 Audit Your Attention Economy

PERSONAL
Reactive vs. proactive? What share of attention is self-directed vs. algorithm-directed? When did you last hold focus on one task for ninety minutes?

ORGANIZATIONAL
Daily notifications per employee? Meetings that could be emails? Protected deep-work time? Rewarded for synthesis — or for rapid response?

2 Design for Depth, Not Distraction

***If you build products:** optimize for time well spent, not time spent — kill infinite scroll and autoplay, give users control, make transparency the default, measure well-being over engagement.*

***If you lead:** communication protocols that protect focus, no-meeting blocks, async by default, reward quality of thinking over speed.*

3 Build Cognitive Security

***Media literacy:** train teams to spot manipulation tactics, practice source evaluation, build frameworks for assessing information quality.*

***Contemplative practice:** integrate attention training, build rhythms of connection and disconnection, create space for silence and reflection.*

4 Set Boundaries & Norms

INDIVIDUAL
Digital sabbaths or offline hours; delete apps that extract more than they give; curate sources intentionally.

ORGANIZATIONAL
Right-to-disconnect policies, meeting-free days, norms against after-hours communication.

5 Declare an Attention Emergency

When the organization is already drowning: declare it openly, implement immediate boundaries, identify and eliminate the worst attention drains, protect one deep-work session weekly (then expand), and measure improvement in output quality, not quantity.

6 Reclaim 10% — This Week

One practice, personal or organizational, you will implement this week to reclaim ten percent more of your attention from algorithmic capture. One practice. One start date.

+10% ***The Reclamation Test*** — What is one practice you could implement this week — personally or organizationally — to reclaim 10 percent more of your attention from algorithmic capture? Without sustained attention, systemic intelligence becomes impossible and stories cannot land.