Attention Mission

Set a timer for 10 mins and scroll through any social media platform and write down everything that catches your attention and why

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1: An IG reel caught my eye because it was talking about getting to work & to stop wasting time on a pointless app just for a quick dopamine rush of motivation, whilst other kids are out grinding in the gym, talking about discipline.

This caught my eye because I could relate & maybe also wanted a quick rush of dopamine of motivation to keep going, but also because I know I've been disciplined in the gym & other places in my life so it was nice to reminisce about my progress.

2: An IG reel caught my eye once again, this time it was of a guy in the gym benching his max weight "Pr" whilst the biggest guy in the gym was spotting him. btw he did hit his weight, impressive.

This reel caught my eye because I too go to the gym & everything related to the gym sorta catches my attention pretty easily because it is a big part of my life & my identity as well as a part of my personality.

3: Yet again an IG reel has caught my attention this time it is about April fools & our generation. Because "April fools is cancelled this year because there is no bigger joke than our generation" Whilst footage of military-dressed men is in the background.

This caught my eye because I agree that our generation is fucked up with the way its become, "men" (boys) can't take any time as a joke or take the truth instead they crawl back into the safety of the internet and talks shit about what they dislike about the world, such as gender equality or some other bullshit that nature already has taken care of from the very beginning of the human existence. It caught my attention because I think our generation is weak & soft to the brink where it is an embarrassment to be a part of this generation. Went on a rant sorry.