

# Attention - Mission:

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

Firstly, as I scrolled through the Social Media platform “Instagram.” I saw a video from Freelancing Professor Dylan Madden. The video instantly caught my attention because of the way it was presented. It was Dylan talking on a podcast about keeping friends around you because they are superior in some aspects of life and can benefit you to be around. The video had intense music, good subtitles and a good caption message from Dylan himself. Which is why it caught my attention.

Secondly, I saw another video that caught my attention. This video was by a fellow Real World Student. @homegymcali on Instagram. The video was titled “Plyometric and Ballistic Drills to Increase Boxing Performance.” This **INSTANTLY** caught my attention since I am very disciplined towards boxing training as I am personally an amateur boxer myself. The video included good drills, captions and engaging music and was overall a very informative and very interesting video. Hence why it caught my attention instantly.