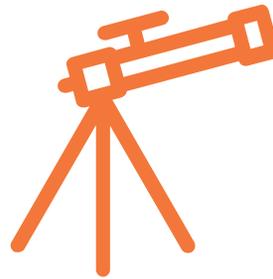


IMPROVING FOCUS



**Take a Big Breath
and Decide to Focus**



**Look at What Needs
Your Focus**



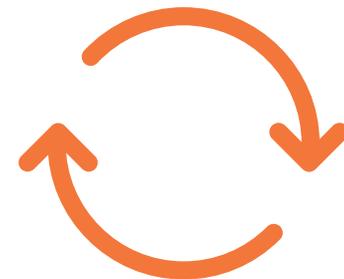
**Listen to What Needs
Your Focus**



**Bring Your
Attention Back**



Take a Break



Keep Practicing

IMPROVING MY FOCUS

Improving my focus helps me to reach my goals.

Set a Goal: _____

Practice each day for four days. Each day, practice a little longer. Record how long you practiced and the strategy you used to improve your focus.

20 minutes YOU ROCK				
15 minutes DON'T STOP NOW!				
10 minutes KEEP GOING				
5 minutes NICE START				
	Day 1	Day 2	Day 3	Day 4

Check the strategy that you used to help you focus.

<input type="checkbox"/> Take a breath and decide to focus.	<input type="checkbox"/> Bring my attention back.
<input type="checkbox"/> Look at what needs my focus.	<input type="checkbox"/> Take a break.
<input type="checkbox"/> Listen to what needs my focus.	<input type="checkbox"/> Keep practicing.

Write about your progress. Did you reach your goal? Celebrate. If not, keep practicing.
