Name:	
Section:	



Date: Score:



Find Your Focus



To achieve your best work, unlock your potential, and build the life you dream of, mastering the skill of focus is essential.

If you aspire to be a professional soccer player, you must focus on honing your craft as a soccer player.

If your goal is to become a successful plumber, you need to focus on mastering the details and complexities of plumbing.

If you want to become a skilled writer, you must dedicate long periods of focused effort to refining your writing.

Whatever your path, focus is the foundation of growth, mastery, and success. However, in today's world, staying focused can be challenging. With constant distractions like cell phones, video games, social media, and a never-ending list of responsibilities, it's harder than ever to maintain concentration. This is why we must intentionally build focus into a skill and habit.

Your challenge is to create a personalized plan to protect and strengthen your focus when it comes to school. Follow these steps:

Step 1: Assess Your Focus Challenges

reflect on the main obstacles that prevent you from focusing in school. Consider both internal factors (like procrastination or lack of sleep) and external distractions (such as noise, social needia, or technology). Write 100 words or more.			

Step 2: Develop Strategies to Overcome These Obstacles Write about the techniques and strategies you can use to tackle these challenges. Think about
how you can manage distractions, create a better environment, and maintain focus for longer periods. Write 100 words or more.

Step 3: Connect Focus with Your Dreams



Write down how mastering focus will help you achieve your goals. Consider the long-term benefits of being able to concentrate and how it will bring you closer to realizing your dreams. Write 100 words or more.		

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