

Name:

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Focus Mode: Create a Plan for Deep Work



We live in a world that is constantly buzzing—notifications, reels, group chats, games, ads, music, and endless scrolling. While all of these things can be fun or helpful, they also make it hard to focus deeply on anything for more than a few minutes. This leads to a distracted and anxious mind.

“Deep work” is when you focus completely on one thing—without switching between apps or distractions. This kind of focus allows you to solve hard problems, create original ideas, and actually finish something you’re proud of. It’s rare these days, but the people who learn how to do it have a big advantage: they get more done in less time and often come up with better, more creative work.

But deep work is hard. It feels uncomfortable. Your brain wants quick rewards—like a funny video or a text from a friend. That’s normal. But with practice, you can train your brain to focus more deeply—and it can change the way you learn, create, and grow.

Write a reflection in response to the following questions:



- Why do you think deep work is difficult for some people to engage in?
- What are some things that steal your attention during school, homework, or personal goals?
- Create a plan for yourself: How will you practice deep work over the next week or month? (Be specific—think about time, environment, tech habits, etc.)
- Finally, what’s something you’re excited to focus deeply on—a project, skill, or goal?



A blank sheet of lined paper with horizontal ruling lines.