

Better Focus Worksheet

When you strengthen your focus, you feel better, improve your memory, gain clarity and get more done. Use this worksheet to help you strengthen your focus.

What being focused looks like to me:

Why I want to become more focused:

Benefits I will receive by becoming more focused:

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- ---
- ---
- ---

Things that hold me back from being as focused as I'd like:

How I can overcome these obstacles:

Areas of my life where I need to be more focused:

- _____
- _____
- _____
- _____

I'm going to start with this one area/task (be specific):

Tools I can use to help me be more focused:

Steps I need to take in order to be more focused:

- *Find at what time of day I am most attentive.*
- *Determine how long I can stay focused before getting distracted.*
- *Practice mindfulness throughout the day.*
- *Exercise the body and mind*
- *Strengthen your mind with memory and strategy games*
- _____
- _____
- _____

- _____
- _____

How I plan to stay on track once I regain my focus:

- _____
- _____
- _____
- _____
- _____

PROGRESS REPORT

Steps I have taken:

Positive results I've experienced since becoming more focused.

Things I still need to improve on:

How I will improve them:

Setbacks I've encountered:

How I overcame them (or am working to overcome them):

I am better able to stay focused because:

How I feel now that I'm more focused:
