

FOCUS

Name: _____

We **focus** on what's important to us, what's central, either in the near- or long-term. Strong focus helps get you to your goals!

What's a long-term goal that you're focused on?

What's a short-term goal that you're focused on?

When things get really distracting, describe a trick that you use to keep yourself focused (*what's your secret??*). _____

Name three ways you focus in martial arts:

1. _____
2. _____
3. _____

Draw a picture of yourself focusing on something you want (show us *super-focus power!!!*).

