

BLACK BELT CONCENTRATION



Name: _____

"Concentration is a fine antidote to anxiety." Jack Nicklaus

Concentration is the ability to focus on a task and avoid distractions. Every day you concentrate on different tasks to make sure they get completed. Examples could be a homework assignment, or a deadline at work. Concentration is much more than completing a task. To understand someone, you need to concentrate on their words. To learn something new, you need to concentrate on the topic or activity. Concentration takes **focus** and **self-discipline**.

Describe a task that requires concentration at:

HOME: _____

SCHOOL/WORK: _____

KARATE: _____

We are faced with distractions every day. Describe a time you were distracted when you were supposed to be concentrating on a task or activity? How did you overcome that distraction? _____

Draw yourself distracted, then draw yourself in a state of BLACK BELT concentration!

DISTRACTION

CONCENTRATION

