





Name: \_\_\_\_\_ Date: \_\_\_\_\_



At Karate, we teach you to focus your , , , and !

Define the word focus: \_\_\_\_\_

We know focusing is important but we live in a world full of distractions. In order to stay focused we have to know ourselves.

**F**

Figure out what distracts you the most and avoid it.

I get distracted by \_\_\_\_\_



Organize (plans, notes, tools, environment, etc.).

One area I could organize better is \_\_\_\_\_

**C**

Care for my body (healthy food, exercise, sleep, etc.).

I am going to get better at \_\_\_\_\_ by \_\_\_\_\_

**U**

Utilize tools to stay on track (planner, timer, fidget items, music, etc.).

I want to try using \_\_\_\_\_

**S**

Split larger tasks into smaller ones.

One task I get bored with or overwhelmed with is \_\_\_\_\_

I will split this into 3 smaller tasks:

**1.**

**2.**

**3.**

Give yourself goals to help you stay focused. What is your SMART goal this month?

## FAMILY DISCUSSION

You can build your focus skills by strengthening your senses. Go for a silent family walk. Spend the first half listening for things. Point to the sounds. Switch 1/2 way through and point to new things you see. When you get home, discuss your experiences. How did focusing on one sense at a time enhance your walk?