

Name:

Date:

I can Make Good Decisions for Myself that Support my Focus and my Well-Being

Answer the following questions.

1. During the Focus unit, which external distractions came up often for you?

2. During the Focus unit, which internal distractions came up often for you?

3. What types of things in your external and internal environment were overall the most distracting for you or were competing for your attention the most?

4. How can you take the information in questions 1, 2 and 3 to help you in your regular life?

5. What can you do to help yourself when you need to be focused?

6. How can you adapt your physical space and organize yourself when you need to avoid the distractions you mentioned in questions 1, 2 and 3 and focus on a task?
