

Focus

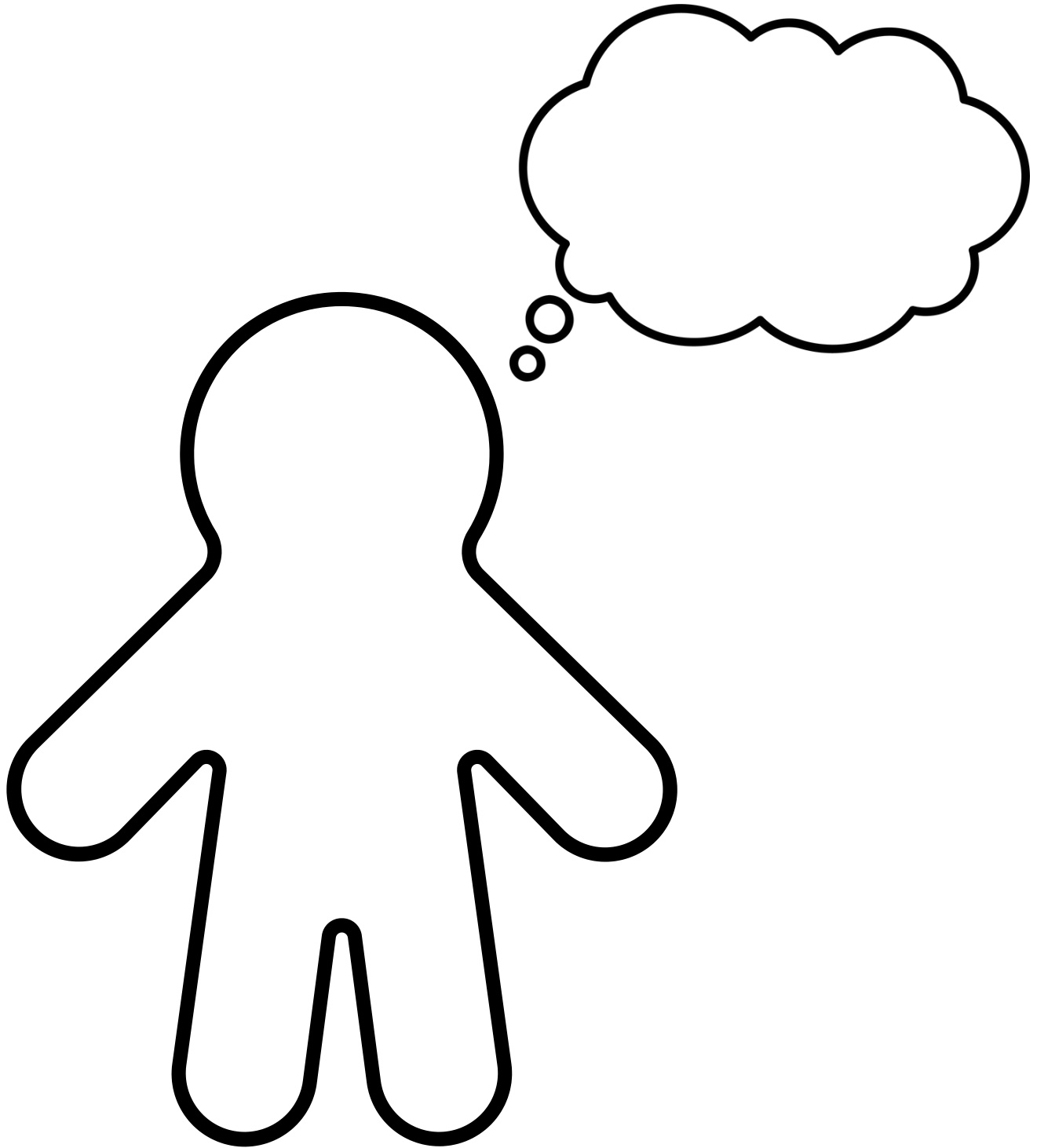
Name: _____

Name: _____

Date: _____

Counting Breaths

Use the image below to represent what types of things in your external and internal environment were competing for your attention.



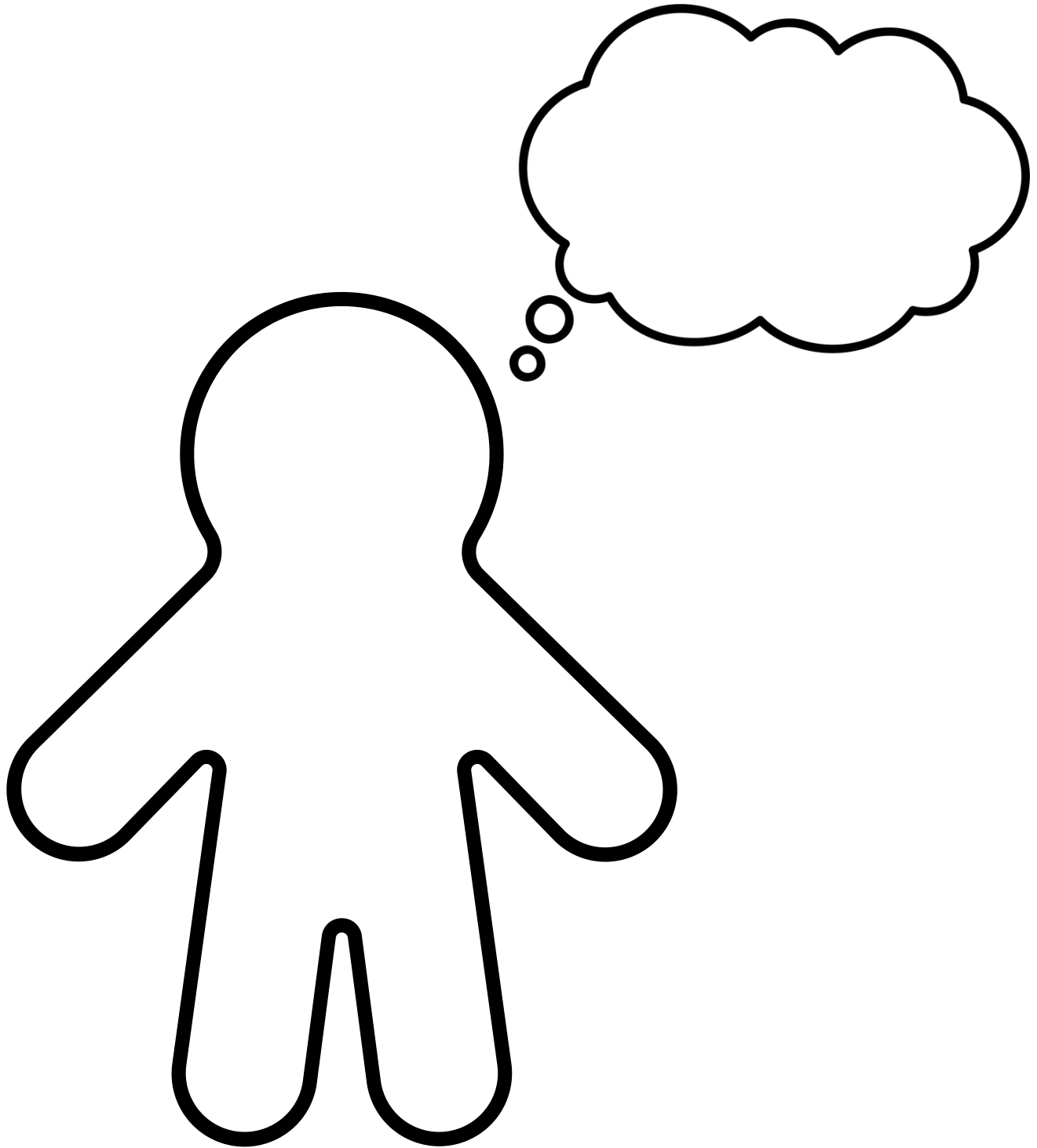
How can you take what you noticed today into your regular life? _____

Name: _____

Date: _____

Noticing External Distractions

Use the image below to represent what types of things in your external and internal environment were competing for your attention.



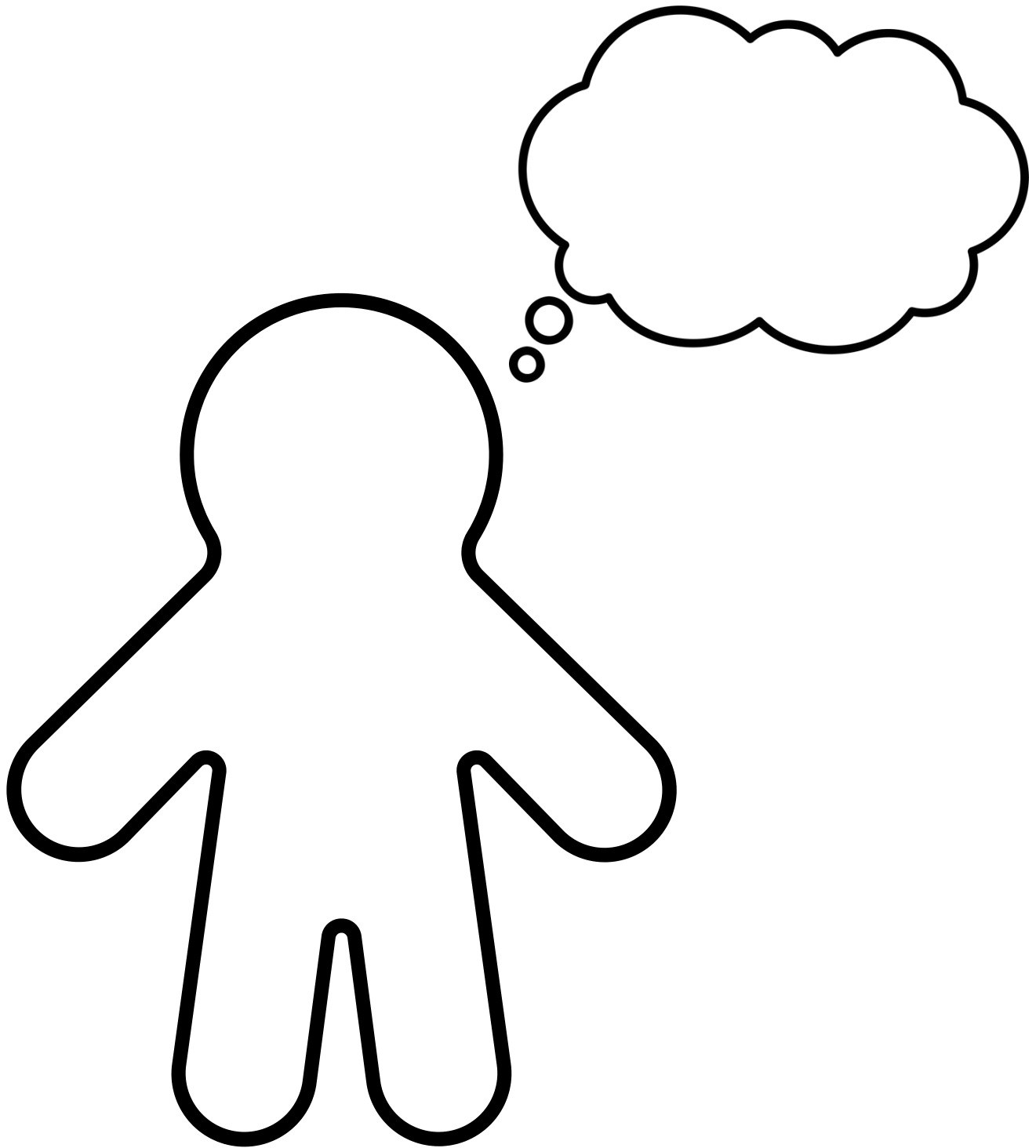
How can you take what you noticed today into your regular life? _____

Name: _____

Date: _____

Noticing Internal Distractions

Use the image below to represent what types of things in your external and internal environment were competing for your attention.



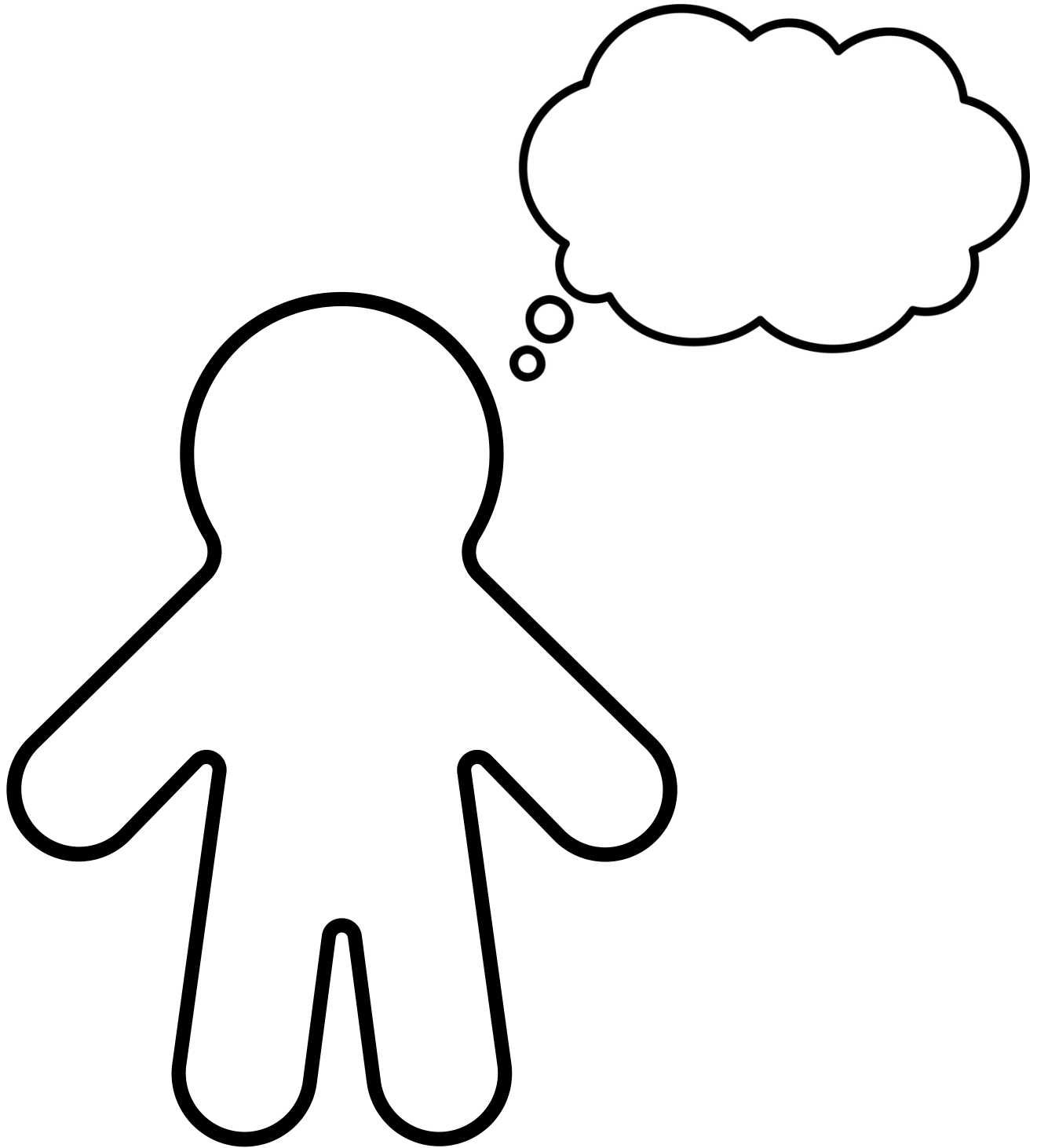
How can you take what you noticed today into your regular life? _____

Name: _____

Date: _____

Noticing Physical Distractions

Use the image below to represent what types of things in your external and internal environment were competing for your attention.



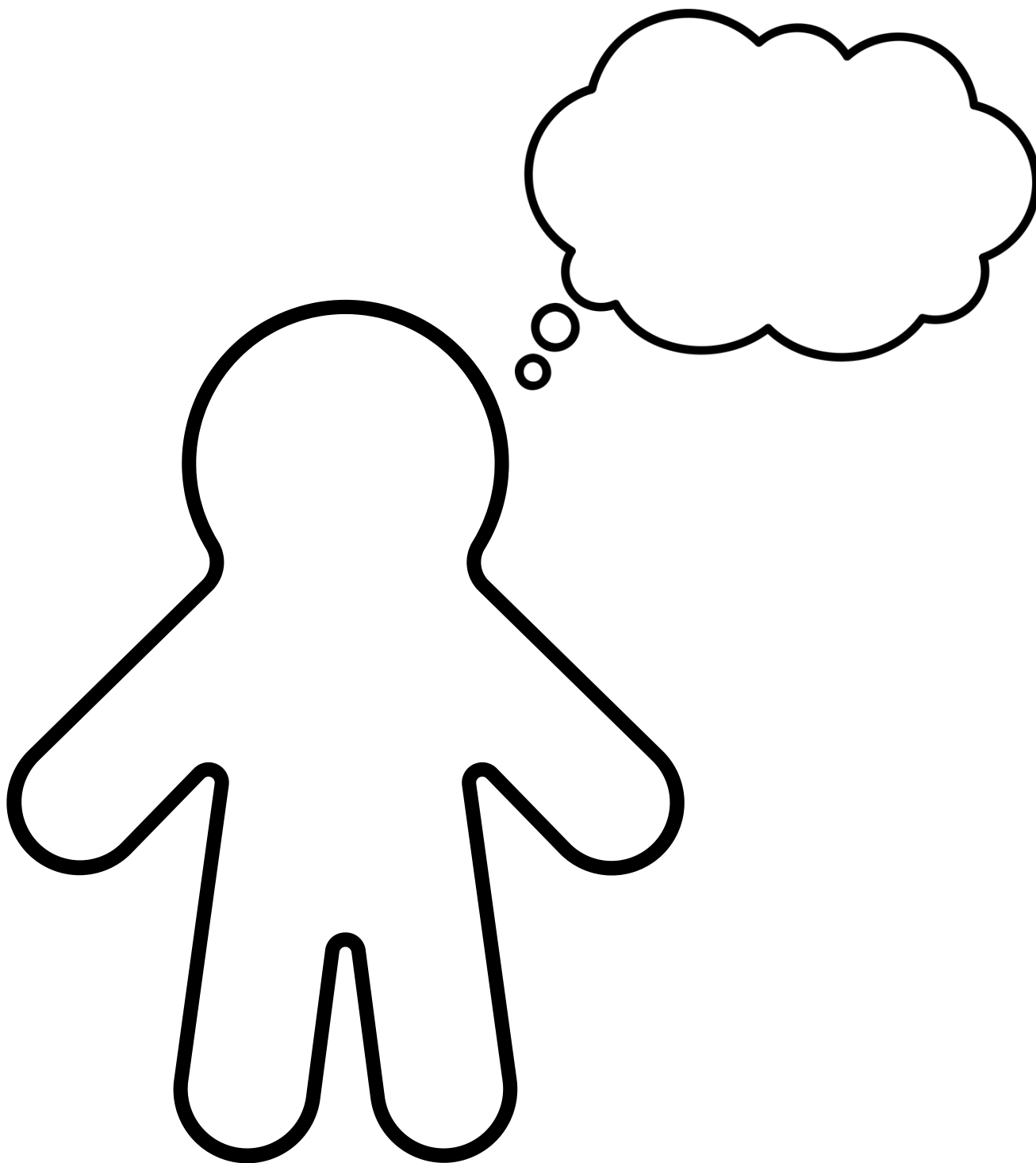
How can you take what you noticed today into your regular life? _____

Name: _____

Date: _____

Returning to the Breath When Faced with Distractions

Use the image below to represent what types of things in your external and internal environment were competing for your attention.



How can you take what you noticed today into your regular life? _____