

Focus

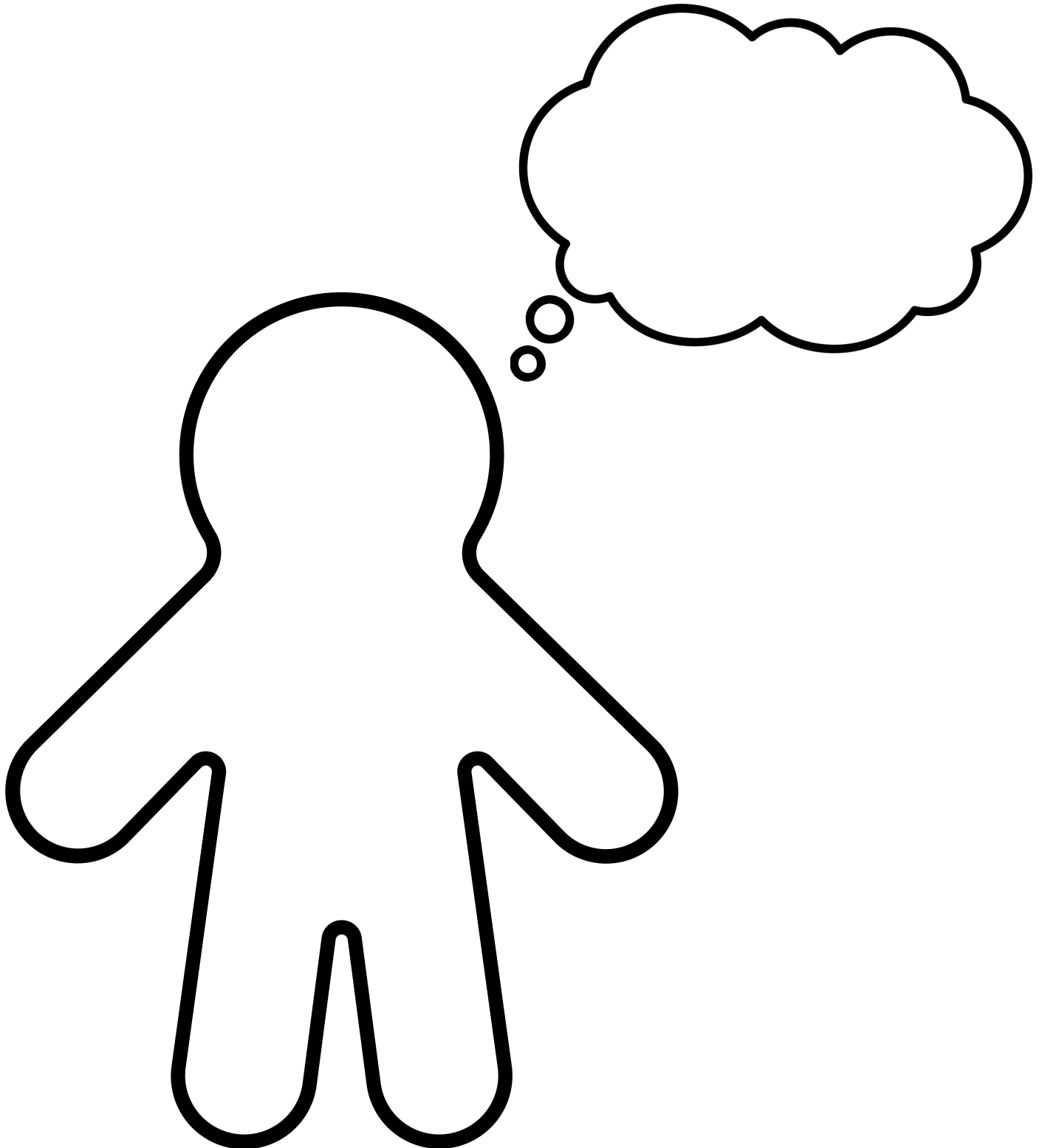
Name: _____

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.

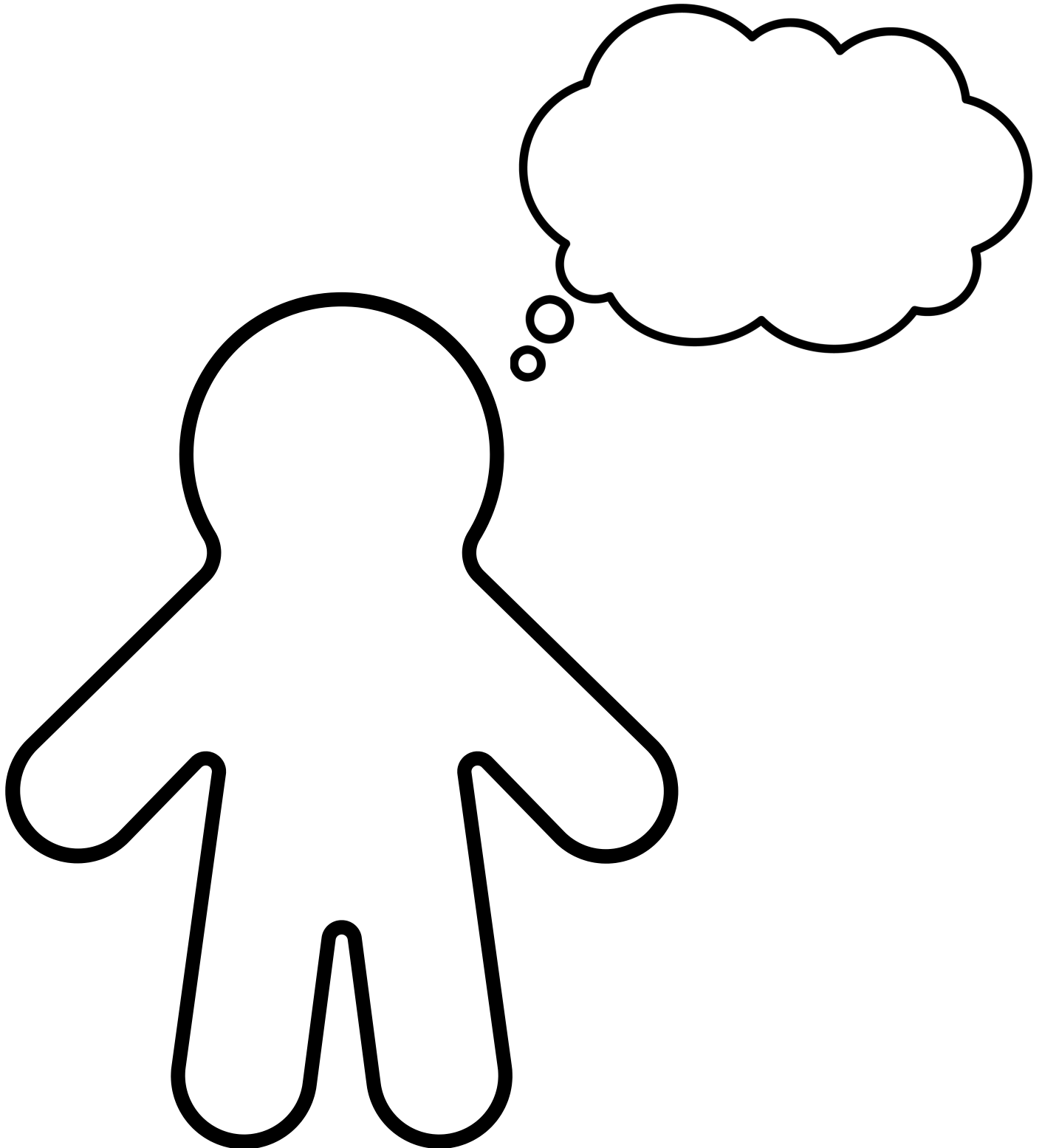


Name:

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.

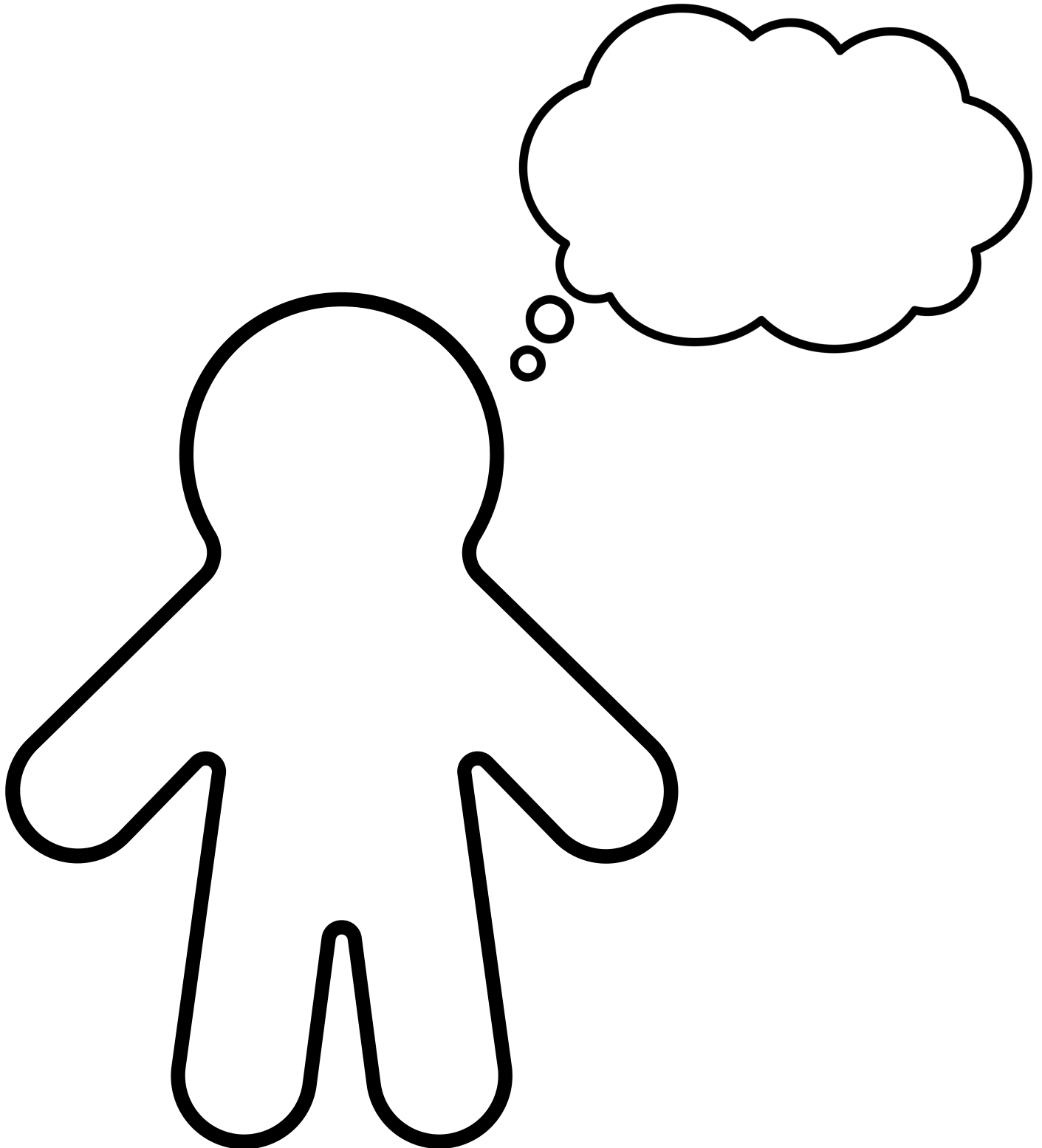


Name:

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.

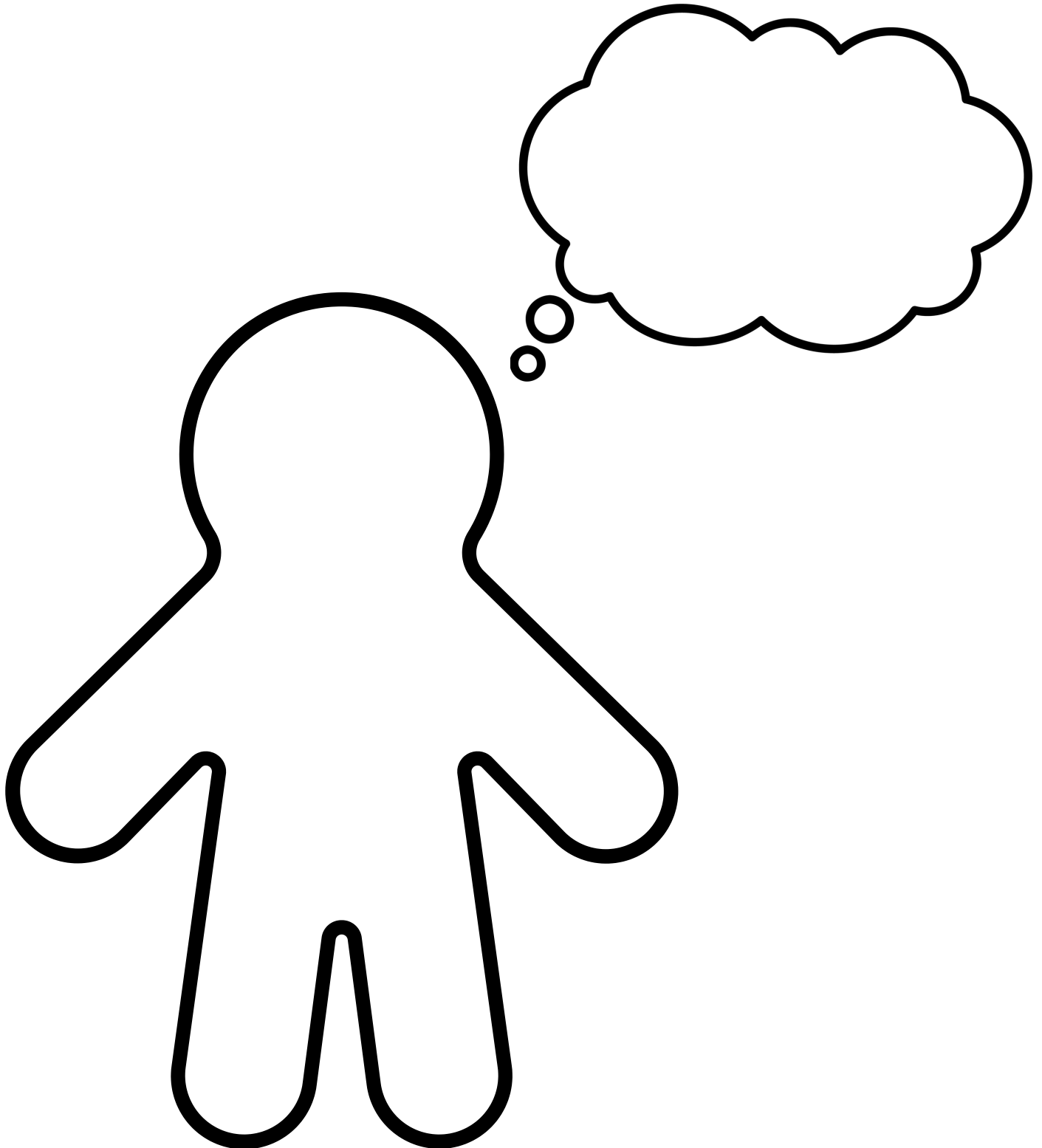


Name:

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.



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.

