



FOCUS MEANS GIVING ALL YOUR ATTENTION TO SOMETHING SO YOU CAN SEE IT CLEARLY.

Write down three ways that you showed focus by eliminating distractions and giving your full attention to something; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

How are your personal organizational skills related to your ability to focus?

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WORKSHEET

Are you easily distracted? What are some things that take your mind away?

List five things in your life that you need to focus on more:

1. _____
2. _____
3. _____
4. _____
5. _____



“Fix your thoughts on what is true, honorable, right, pure, lovely and admirable. Think about things that are excellent and worthy of praise.”
- Philippians 4:8

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