

Name: _____

Focus Checklist

Directions:

- Identify 3-4 goals for the week ahead.
- For each goal, identify steps for achieving that goal and how you will address distractions.

Goal	Steps	Anticipated Distractors	Solutions to Distractors
Example: Study for Math exam for 3 hours by the end of this week.	1. Ask my sister when I can use the desk to study.	1. My little brother 2. My cell phone	1. Ask my mom if she can bring my brother to the park while I study. 2. Have my mom take my cell phone while I study.