

WHAT ACTIONS CAN YOU PLAN AND ANTICIPATE? WHAT STRATEGIES WILL HELP ME WITH FOCUS?

TACKLE IT!

What patterns do you see in your notes? Using the information on page 1, identify 2-3 actions you will implement in the three categories below.

START	STOP	CONTINUE
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END OF WEEK REFLECTION:

- What did I learn about deflecting distractions? Did I say “yes” to anything that divided my opportunity to focus? Can I extract myself from any other areas of divided focus?

- Where was I successful in implementing new patterns? What type of “helps” requests (or opportunities) are most difficult for me to avoid? Why?

- Where did I struggle? How can I adjust my approach to be more successful/consistent? Do I need additional or different strategies?