

Name: _____

Belt Rank: _____



Focus

Mental focus, or concentration, refers to the ability of an individual to direct mental effort on the most relevant information in the environment. Mental focus is a skill; therefore it can be improved with practice. Practice attending to relevant cues while ignoring irrelevant cues once distracted and your ability to refocus will improve.

To Earn Your Stripe:

At the beginning of each week make a to-do list of two goals you would like to accomplish each day. Make it a point to focus on each task and complete it before that day has ended.

(Example: Do homework, clean your room, karate homework, put clothes away, get ready for bed, etc.)

	Day1	Day 2	Day 3	Day 4	Day 5	Instructor Initials
Week 1						
Week 2						
Week 3						
Week 4						