1. What SPECIFIC ACTION(S) would you like to perform for 5 minutes every day for the next week?
   1. I would like to meditate for five minutes a day to get me in the correct headspace to be able to focus on homework
2. What is the RESULT you hope to achieve from these actions?
   1. The goal in doing this is to have my mind completely focused on catching up on homework, studying for finals, or finishing final projects
3. How will you record your progression of your habit? Video, pictures, audio?
   1. I will be journaling my progression because I worry that other forms of recording my progress will distract me too much
4. What obstacles might get in your way?
   1. Since I have to go back home this week for break it will be hard for me to focus since I do not have my own space.
5. How will you overcome these obstacles?
   1. I plan on utilizing my towns public library and working hours where it is quieter in my house

Journaling

Monday-

Today was an easier day to focus because I haven’t left school for break yet. I started by following along to guided meditation on YouTube since I have never meditated in the past for these reasons. After the YouTube video I feel strange and I’m not sure how much it was going to help me with focusing. Now I am done with homework for the day I did not get as much done as I wanted to but I sent the emails I needed to send and got some smaller discussions for my Game Development class done.

Tuesday-

Today I was also able to work on homework in a quieter space since I don’t leave for break until tomorrow. I started again today with the same YouTube video as yesterday because I wanted to put more focus and mindfulness into it to see if there would be any changes in my ability to focus. I was able to do a lot more today, but I often got distracted by remembering things I needed to pack for break. Today I got a decent amount of work done I finished my groups final card designs for my game development class which took most of my time. Today I also finished some easier written assignments for my web video class.

Wednesday-

I already knew today was going to be a lot harder because I was going home at noon to take care of my dad who was getting out of surgery. Today I worked in a different setting than usual since I don’t have a space of my own at home, so it was harder for me to fully focus on the meditation video so instead I listened to a short podcast. To my suspicions today I did not do much work because I found it very hard to focus on just my finals at home. Today the only full assignment I finished was my final for my Sound Design class which I am still proud of because it means I have finished that class.

Thursday-

Today I started off with an open mind and more motivation and decided that instead of listening along to a podcast or watching a guided meditation that I would spend five minutes on my own and attempt to meditate without guides. After five minutes I felt calm and ready to work on things. Because it’s the last week of real classes I needed to cram a lot of catchup homework from the beginning of the semester that I have just been putting off. I was able to focus really well today and got so many things done. I finished my game development class, gathered information for my final video in Web Video, and finished multiple smaller assignments in this class as well.

Friday-

Today I decided that since I meditated on my own and things went really well, I would try that again. I spent five minutes in a quiet spot in my house and focused on setting my goals as well as assuring myself that even though I have a lot of makeup work to do I will be able to finish it all. I was more focused today than any other day this week and finished This class as well as more catch-up videos for my web video class! I am proud that even though I wasn’t sure if I would be able to do it and focus enough to complete my work by the extended due date, I was able to pull through and do it! I was also able to prove to myself that taking time every day to slow down and think about what you want to accomplish by meditating it was able to help me focus on my work.