

STRENGTHENING YOUR FOCUS



PURPOSE

This exercise works on developing the strength of the inside muscles of your eyes that are responsible for focusing, also known as the accommodative system. This system is important for your ability to be able to jump back and forth between distance and near objects accurately and efficiently. The better rapport you establish with your focusing system, the more confidently you can identify an object that's approaching you in space.



REPEAT

Repeat this for 3-5 minutes per eye, making sure you spend the same amount of time with each eye building your focus flexibility.

1

Stand straight up, feet shoulder width apart, in front of a window that has an object at least 30 feet away.

2

With a dry erase marker or ink, place a small dot on the window just below eye level. Draw three circles around the dot with each one slightly larger than the dot. This should resemble a bullseye. Be sure that the far away objects can be seen through the bullseye.

3

Gently cover your left eye with your left hand. You want to stand as close as you can to the bullseye where you can make the center clear, approximately 6-12 inches away from the window glass.

4

Start by looking through the bullseye at the object in the distance. Note that it will be impossible for the distant objects and also near bullseye to be in focus at the same time because they are located at different planes.

5

Now change your attention to the center of the near bullseye and make it clear. Keep your focus locked here for 10 seconds. Throw your focus back and forth from the distance object, to the bullseye, holding for 10 seconds at each position.

6

Now gently cover your right eye with your right hand, and repeat this with your left eye.