

FOCUS DEFENSE WORKSHEET™

GOAL: ELIMINATE INTERRUPTIONS	
ACTIVATION TRIGGER™ I WILL INITIATE PROGRESS BY...	
POTENTIAL OBSTACLE IF THIS HAPPENS ...	ANTICIPATION TACTIC™ I WILL RESPOND BY ...

FOCUS DEFENSE WORKSHEET™

GOAL: MANAGE DISTRACTIONS	
ACTIVATION TRIGGER™ I WILL INITIATE PROGRESS BY...	
POTENTIAL OBSTACLE IF THIS HAPPENS ...	ANTICIPATION TACTIC™ I WILL RESPOND BY ...