

## 6. CONTROLLED ATTENTION PRINCIPLE

1.

What are you doing dear?  
Let me help you

Momma I have  
speech competition  
in school but I am  
always distracted

Inayat is worried for  
her speech competition.

2.

Don't worry! Come to  
me! will tell you about  
controlled attention

I shouldn't have  
participated.....

Mommy decides to teach inayat  
how to focus on goals

3.

Write down the speech and  
memorize it....practice in front of a  
mirror, over and again

will it help  
momma? Will I  
be able to win?

Mommy teaches Inayat how to  
focus to achieve the goal

4.

Just be positive and  
focus on your practice.  
you will surely win

Thank you  
Mommy.

Inayat learns how to control her  
attention and remain focused

5

okay! Let's write and email to  
contact  
[coachshivanimalik@gmail.com](mailto:coachshivanimalik@gmail.com)  
to find out more

Mommy will  
you tell  
me more  
please?

Inayat types an email  
with mommy's help.

To Be  
Continued...