

Focus Worksheet

What is mental momentum? (Schema Activation)

Explain a time when mental momentum took you the wrong direction:

Take 10 minutes practicing mindfulness, use the checklist as a guide.

Mindfulness Practice Checklist

- ☐ Sit comfortably
- ☐ Remove external distractions
- ☐ Focus on your breath
- ☐ Observe your thoughts/feelings without judgement
- ☐ Sit with potential mental discomfort
- ☐ Recognize when you lose focus

Reflection

Question	Answer
What thoughts did you have?	
What emotions did you feel?	
How often did you have to refocus?	

Remember, the point isn't to make you perfectly focused, it is to improve your ability to redirect your attention when you get distracted.

Next, choose a task you've been avoiding. Complete it, or at least start it. Record how you felt beginning the task:

Even if it doesn't feel great, recognizing any thoughts or emotions you associated with the task can increase your chances of completing it!