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Word to Remember

Focus

Focus is an important skill. It is the character trait that helps us accomplish the things we set out to do. A focused person is someone who can center their thoughts, give something their full attention and persevere through obstacles. When we learn to focus, it gives us the chance to complete tasks to the best of our ability, and it paves the way for us to grow.

Here are some things you can do to practice your focus this month:

- Set a timer for a task you have to complete and keep working on it until the timer goes off.
- Pick an afternoon to go “screen-time free” and work on something challenging.
- Set a goal for yourself and write it down somewhere you will see it often. This will help you stay committed and focused.
- Look at a big project or goal you have and break it down into smaller tasks.
- Keep track of your accomplishments by using a checklist and reward yourself for completing the items on your list.
- Spend some time doing a focus-based activity, like completing a jigsaw puzzle, a word puzzle or a maze.
- Take a breath. When you feel yourself getting overwhelmed, take a moment to rest, breathe, and refocus your thoughts on the task at hand.
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