

Creating Focus

Creating Focus

NAME: _____ **Date:** _____

What Victory Did You Have In The Last Week?

What Challenge Did You Have In The Last Week & What Is Your Solution?

What Are You Committing To?

Physical	Bio-Chemical	Psychological
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Final Creating Focus Comments.

