

Name: \_\_\_\_\_ Per.: \_\_\_\_\_ Date: \_\_\_\_\_

## **Focus Application**

Worksheet 8.2

**Instructions:** Answer the following questions about how you have applied what you have learned about focus in a real situation

1. Describe, in detail, how you have applied “focus” in your actual performance.

2. Have you seen an improvement in your ability to stay focused? Why or why not?

3. Have you seen an improvement in your performance? Is this partially due to an improvement in your focus? Why or why not?