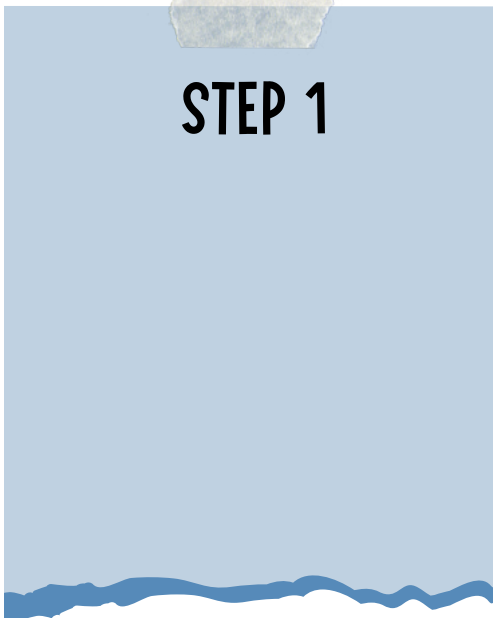




STEP 1



STEP 2



STEP 3



TASK 1:



ARE YOU ON TRACK?

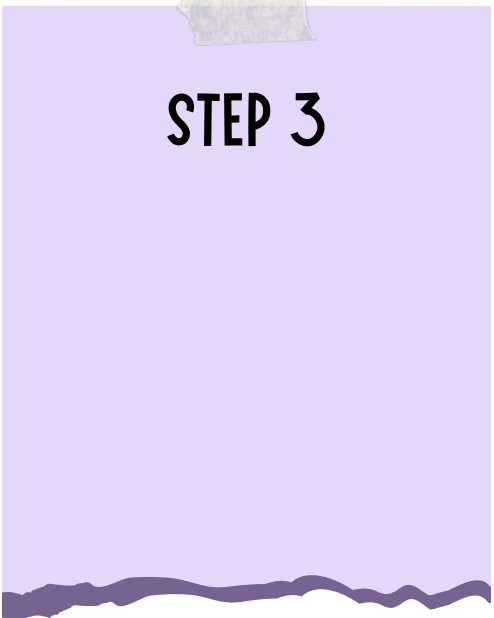
TASK 2:



STEP 1



STEP 2



STEP 3



Goal Planning



What **EXACTLY** do you want to accomplish?



How will you know when you meet your goal?



Is it possible to meet this goal with effort by your timeline?



Is this goal worth working hard to accomplish?



What is the deadline you set to meet your goal?

A goal without a plan is just a wish. ~Antoine De Saint Exupery

S.M.A.R.T Goal Planning Form

Specific – WHO? WHAT?

Measureable – HOW?

Attainable– REASONABLE?

Relevant – EXPECTED RESULT?

Timed Oriented – WHEN?

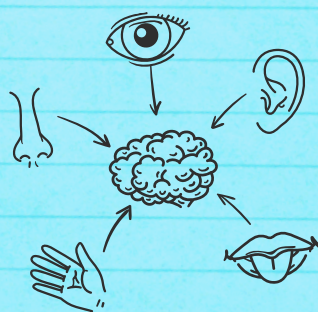


STAY FOCUSED!



01

5-4-3-2-1



- 5 name 5 things you can see
- 4 name 4 things you can feel
- 3 name 3 things you can hear
- 2 name 2 things you can smell
- 1 name 1 thing you can taste

place your hands on your belly and close your eyes

inhale and fill your belly up with air like blowing up a balloon

exhale slowly like you are letting air out of the balloon

02



balloon breaths

03



focus tools



use tools or strategies that help with self-regulation, concentrating, staying on task, and managing distractions

focus tools make it easier to pay attention and practice self-control

examples are timers, noise-cancelling headphones, and a breathing ball