

How Can I Make Better Concentration Habits?

- 1) Focus on your most urgent problem!
- 2) Choose one do-able solution!
- 3) Each day, rate your success. Reset your goal for the next day!
- 4) Continue for one week. Then check your progress!

Problem: _____

Solution: _____

	Today's Results	Tomorrow's Goal
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		