

MAIN FOCUS:

DIRECTIONS: USE THIS SHEET TO PLAN OUT YOUR FOCUS FOR THE MONTH. ANSWER THE PROMPTS BELOW TO HELP YOU PLAN AND TAKE ACTION ON WHAT YOU ARE FOCUSING ON THIS MONTH. YOU CAN USE THIS WORKSHEET EVERY MONTH FOR A NEW FOCUS.

Month: _____

main focus this month:

Why do I want to focus on this?

**One action I can do this month to give more focus to this?
How will I make time to do this?**

FOCUS TRACKER

	s	m	t	w	th	f	s
week one:							
week two:							
week three:							

Reflection: Summarize how you did this month