

# FOCUS

# CHARACTER COUNTS



## FOCUS MEANS GIVING ALL YOUR ATTENTION TO SOMETHING SO YOU CAN SEE IT CLEARLY.

Write down three ways that you showed focus by eliminating distractions and giving your full attention to something; first, at Krav Maga, then, at school or work, and finally, at home:

At Krav Maga: \_\_\_\_\_

\_\_\_\_\_

At school or work: \_\_\_\_\_

\_\_\_\_\_

At home: \_\_\_\_\_

\_\_\_\_\_

How are your personal organizational skills related to your ability to focus?

\_\_\_\_\_

\_\_\_\_\_

Are you easily distracted? What are some things that take your mind away?

\_\_\_\_\_

\_\_\_\_\_



List five things in your life that you need to focus on more:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*"Fix your thoughts on what is true, honorable, right, pure, lovely and admirable. Think about things that are excellent and worthy of praise."  
- Philippians 4:8*

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