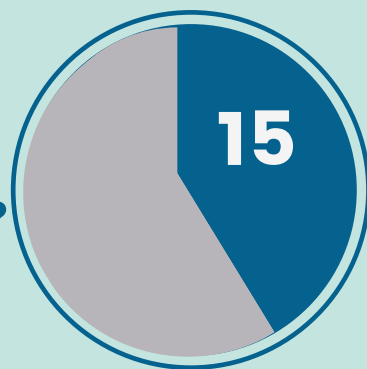


Focus Tool

- Choose one task
- Remove distractions
- Start countdown

- Have a short break
- Daydream
- Move
- Stretch your body

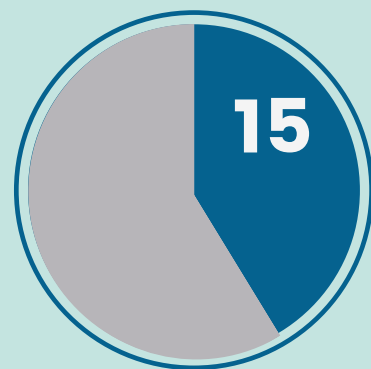
FOCUS



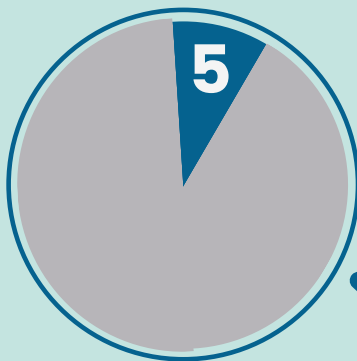
STEP AWAY



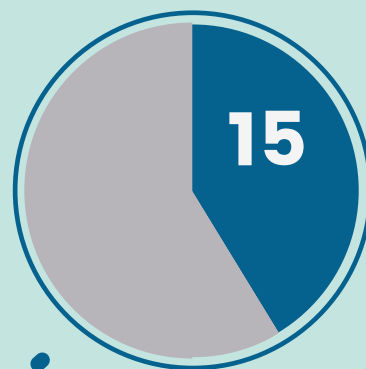
FOCUS



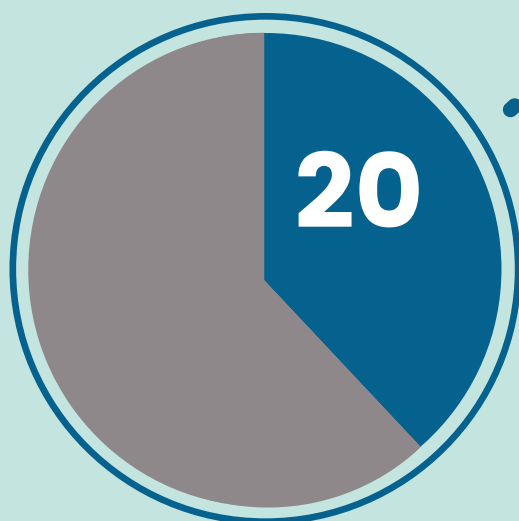
STEP AWAY



FOCUS



TAKE A BREAK



Take a longer 20
minute break before
starting again



REPEAT

**CONGRATULATIONS ON
HARNESSING THE SUPER-POWER
OF FOCUS!**