

MY
FUTURE
IN
FOCUS

CREATE YOUR ROUTINE

Focus On

Focusing is a skill you can build. But some things can get in the way—like drinking alcohol, which makes it harder to think and perform at your best. Use this guide to create a routine that fuels your focus.

+ **I feel most focused in the:** ☐ Morning ☐ Afternoon ☐ Evening

+ **Things that distract me:** _____

+ **Things that motivate me:** _____

+ **My focus routine:**
10 minutes before: Clear my mind with _____

5 minutes before: Ready my space by _____

Focus time: Set timers for tasks when it's time to lock in and remember to reset after every step.

Task one: _____	Work time: _____	Break time: _____
Task two: _____	Work time: _____	Break time: _____
Task three: _____	Work time: _____	



Get tips for focusing on what matters and keeping alcohol out of the picture at **FocusOnYouWA.org**

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BREAK IT DOWN

Focus On

Use this guide to focus on a goal. Don't forget to celebrate your effort—get outside, put on your favorite playlist, or hang with the family. Whether you took a step, stayed consistent, or bounced back from a tough day, that's progress!

+ **Goal:** _____

+ **Why I'm choosing this goal, and not letting things like drinking alcohol get in the way:** _____

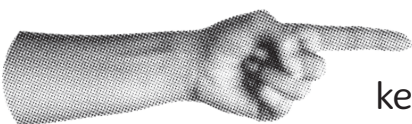
+ **What to do next:**
1. _____
2. _____
3. _____

Progress tracker

0%

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100%



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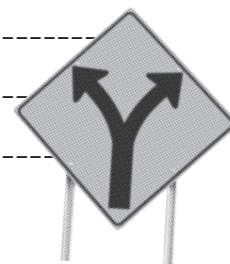
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+ **Why I'm choosing this goal, and not letting things like drinking alcohol get in the way:** _____

+ **What to do next:**

1. _____
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3. _____



Progress tracker

0%

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100%

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PAUSE AND REFLECT

Focus On

Reflecting on your goal progress can help you understand how you work best and celebrate how far you've come. Check in with your emotions. Think about what's helping (and what's not). And focus on what you can control.

✦ What worked well: _____

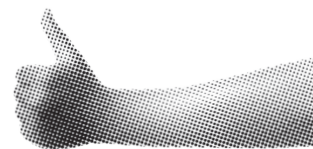
✦ What helped with setbacks: _____

✦ Top reason for staying substance-free: _____

✦ Top way to turn down distractions, like alcohol: _____

✦ What I'm looking forward to next: _____

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