

Single Focus

Reflection Guide

Where do you tend to multi-task:

- When at work?
- When relating to others?
- When by yourself?

Pick one situation from each category above and try employing a single focus during the next week. You'll need to persist at this, because you'll probably feel guilty at first or worry that you won't "get everything done."

What are your thoughts and reactions after having applied a "single focus" approach in these areas for a week?

