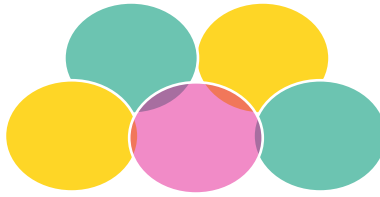




## What are your Five Ways to Focus?



In the book [Five Ways to Focus](#) each chapter provides five things to give your attention to that will really make a difference. Using this worksheet as a template you can note down the questions from the book. Your answers will give you the insights to plan actions and move forwards beyond the overwhelm towards being your best self.

**Chapter ...**

**The Big Question...**

**Five Ways To Focus**

- 1
- 2
- 3
- 4
- 5

**Insight Questions and Answers**

- 1
- 2
- 3
- 4
- 5

**Action Questions and Answers**

- 1
- 2
- 3