**IMPROVING YOUR FOCUS EXERCISE**

Posts and descriptions give you the necessary information on how to reflect and understand your attention difficulties, however sometimes they leave out tools on how to actually get started. This exercise will help you with that dreadful part of ‘just getting started’, and allow you to take something intimidating into someone feasible to complete. This exercise is sure to help boost your attention and focus.

*Exercise:*

*Do your task/activity for 30 minutes, making sure an alarm goes off every 5 minutes throughout. After every 5 minutes, ask yourself if your mind has strayed away from the task. If it has, implement a plan that works for you in redirecting your mind back to the task at hand (e.g. deep breathing, motivate yourself with personal rewards for when you successfully regain focus, get fresh air, take a walk etc.).*

*This consistent monitoring style will help train your brain to watch itself for when it becomes distracted, and to gain strength in returning itself to the present moment/task at hand.*