

1

1	5	3
4	6	8
9	7	2

2

1	5	3
4	6	8
9	7	2

3

1	5	3
4	6	8
9	7	2

4

22	10	1	21	7
8	17	18	19	11
23	16	2	15	14
9	5	13	6	24
3	4	20	25	12

5

4	19	11	20	3
10	1	21	7	22
17	15	14	18	8
16	6	24	2	23
5	25	12	13	9

6

7	32	20	25	1	21
11	36	34	29	26	19
14	27	22	10	2	15
24	33	8	17	13	6
12	35	23	16	9	5
31	28	18	30	3	4

8

14	34	11	74	66	5	6	94	41	54
85	51	46	77	4	79	55	92	65	93
64	38	58	3	70	32	48	80	8	9
27	90	89	61	42	69	19	12	75	50
97	71	47	57	25	76	56	49	33	81
88	2	82	37	84	99	23	68	91	60
17	10	40	29	100	87	13	98	83	28
1	67	31	45	86	18	52	39	16	30
20	73	62	15	26	44	96	63	53	72
36	59	78	35	95	43	21	7	24	22

7

12	35	23	16	36	24
31	28	18	30	27	32
9	5	1	21	7	17
3	4	26	19	11	33
20	25	2	15	14	8
34	29	13	6	22	10



# Improving Focus

## FOCUS GRID ACTIVITIES

- Teaches you how to **NARROW** your focus
- Record activities
- Record time
- Add distractions
- Train 3x per week for 5 minutes

## LICENSE PLATE ACTIVITY

- Teaches you how to **BROADEN** your focus
- **ONLY DO THIS AS THE PASSENGER**
- Focus on license plate in front of you
- Practice “scanning” what is going on around you
- Other cars, signs, buildings, etc.
- Practice this 3 times per week

## ROOM SCANS

- Teaches you how to **BROADEN** your focus
- Extend your arm in front of you with thumb up
- Focus on the thumb, texture, shape, size, etc.
- While you are focused on the thumb move it to the side
- Stay focused on the thumb but “scan” the room and notice what else is behind your thumb
- Practice this 3 times per week



**MENTAL  
TRAINING PLAN**