

I help you
pay attention,
finish what
matters, and
use your
time well!

FOCUS

A PERSONAL POWER PAL

You
can do
this!

I CAN:

- ☒ Set a goal.
- ☒ Make a plan.
- ☒ Remove distractions.
- ☒ Take one step at a time.
- ☒ Finish what I start.
- ☒ Make time for what matters.
- ☒ Feel proud of my effort.

SET A GOAL

MAKE A PLAN

TAKE ONE STEP

STAY ON TRACK

FINISH & CELEBRATE

LESS
DISTRACTIONS
MORE
PROGRESS!

I CAN
DO
THIS!

FOCUS HELPS YOU:

- Stay on track
- Make good choices
- Finish what you start
- Be organized
- Build confidence
- Have time for fun and important things
- Reach your goals

MY GOALS

MY PLAN

MY FOCUS

MY EFFORT

MY SUCCESS

SMALL
STEPS
LEAD TO
BIG THINGS!

STOP
THINK
CHOOSE

USE YOUR FOCUS!

YOUR PERSONAL POWER GROWS WHEN YOU
PAY ATTENTION, FINISH WHAT MATTERS,
AND USE YOUR TIME WELL!

CONFIDENCE

KINDNESS

WISDOM

COURAGE

CALM

CURIOSITY

CONNECTION

PERSISTENCE

THE PERSONAL POWER PALS

TEAM UP WITH KIDS AND PARENTS TO TAKE ON TROUBLE AND HIS FRIENDS!