

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.

## 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

- SET A GOAL
- MAKE A PLAN
- TAKE ONE STEP
- STAY ON TRACK
- FINISH & CELEBRATE

LESS  
DISTRACTIONS  
MORE  
PROGRESS!



I CAN  
DO THIS!



## 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!