

MY ATTENTION TRACKER

FOCUS ➡ WANDER ➡ NOTICE ➡ COME BACK

1. How was my attention today?

Circle one:

- 🎯 Locked In — I was really focused
- 😊 Mostly There — My mind wandered a few times
- 🐛 Bouncing Around — My attention jumped around a lot
- 🌀 Everywhere! — Focusing was really hard

2. What pulled my attention away?

Circle any that happened:

- 💭 My thoughts/daydreaming
- 👂 Sounds around me
- 👁️ Things I saw
- 👥 Other people
- 😟 Worry or feelings
- 🏃 My body wanted to move
- Something else: _____

3. Catch Your Brain!

During today's activities:

I was focusing on:

Then my brain went to:

I noticed it because:

What did I do next?

4. What helped my attention come back?

Taking a breath? Looking back at what I was doing? Getting rid of a distraction? Moving my body?
Telling myself, "Come back"? Taking a short break? Something else: _____

5. My Attention Experiment

One place I'd like to practice using my attention this week: _____

One thing I'm going to try when my mind wanders: _____