

WHY CAN'T I FOCUS?

In each of the following categories, check off 1-2 strategies you would like to try. Write down any of your own strategies in the “Others” section.

Person/Mindset



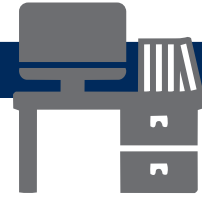
- Energy management
- Managing expectations
- Self-compassion
- Self-acceptance
- Mindfulness strategies
- Breathing techniques
- Mental accountability/rehearsal
- Physical exercise
- Recognize and name it
- Visualize, verbalize, and feel
- Name, reframe, and start
- Manage the rabbit hole
- Hack your emotions (or hack dopamine)
- Activate motivation with a 5-minute timer
- Others:

Task



- Social accountability
- Printing materials
- Ask yourself “what is the first step I need to take?”
- Using timers, notifications
- Task tracking
- Including buffer time
- Pomodoro technique
- Worst First Strategy (start with the “worst” task first to get it out of the way)
- Rewards-based system
- Task cheat sheet
- Parking lot
- Altering internal time
- Mind maps
- Connect with a peer mentor
- Others:

Environment



Distraction free/limited spaces

Changing up your environment

Fidget toys

Preferential seating in class

Background noise/music

Others:

Notetaking buddy

Body doubling

Create a delay/time barrier (20-seconds or more)

Establish boundaries

Establish a focus Ritual

Limit the phone

What will support you in trying these strategies?

What will get in the way of you trying these strategies?

In instances where you feel multiple strategies can help, what strategies would you prioritize first and why?