



VALUE WORKSHEET #23

Focus



**You are FOCUSED when you concentrate your energy and time on something.
This could be your school work, your chores at home, or your form for Taekwondo.**

_____ What are three things that you could focus on at home?

1.

2.

3.

_____ What are three things you could focus on at school?

1.

2.

3.

_____ Focus on getting all your spelling words correct this week.

_____ Practice your form three times a night this week. Focus on one thing, maybe your stances or your chambers.

_____ Pick one of your goals and focus on working toward it this week!

