

FIND YOUR FOCUS

Focusing is a skill you can build with practice. But sometimes things can get in the way—like drinking alcohol, which makes it harder to think clearly and perform at your best. Use this space to explore what throws you off and create a routine that fuels your focus.

✦ **I feel most focused in the:**
☐ Morning ☐ Afternoon ☐ Evening

✦ **Things that distract me:**
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✦ **Things that motivate me:**
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.....

✦ **Tips for protecting your focus**

- Avoid multi-tasking
- Set achievable expectations
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✦ **My focus routine:**

10 minutes before: Clear your mind with deep breathing, **mindfulness**, or light stretching.

5 minutes before: Organize your space and silence distractions. Prep your brain for success.

Focus time: Break tasks up into smaller to-dos. Try the 25/5 method—set a timer for 25 minutes of focus, take 5-minute break, then repeat.

✦ **Reset, Refresh, Refuel.**

If you're feeling stressed, overwhelmed, or just need a break—use this list for some ideas on healthy ways to deal.

- Spend time with friends, family, or community.
- Get outside.
- Listen to music.
- Avoid alcohol, which can amplify stress.



Try our 30-day habit guide to mindfulness at FocusOnYouWA.org

BREAK IT DOWN

Use these pages to focus on a goal, map out next steps, and stay on track. And don't forget to celebrate the effort you put in—plan a picnic, go thrifting, or have a game night with the family. Whether you took a step, stayed consistent, or bounced back from a tough day, that's progress!

✦ **Goal one:**
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✦ **Why I'm choosing this goal, and not letting things like drinking alcohol**

✦ **How I'll measure my success**
.....
.....

✦ **What to do next:**
1.
2.
3.

✦ **Check In Often**

✦ **What's working well:**



✦ **What's been hard, and what helped me deal with it:**



Get tips for focusing on what matters and keeping alcohol out of the picture at FocusOnYouWA.org

PAUSE AND REFLECT

Taking time to reflect can help you celebrate progress, understand how you work best, and be proud of what you've pushed through. Check in with your emotions. Think about what's helping (and what's not). And focus on what you can control.

✦ **3 things that worked well:**
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✦ **3 things to keep working on:**
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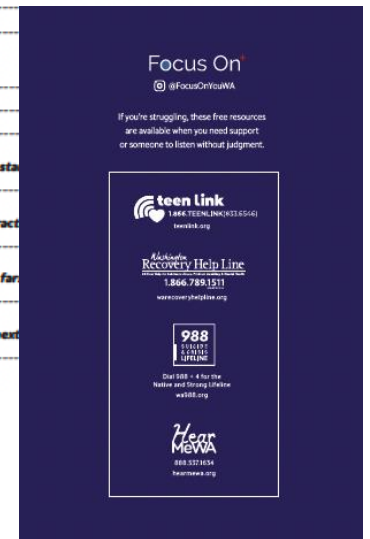
✦ **3 things to let go of:**
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✦ **My top reason for staying substance-free**

✦ **My top way to turn down distractions**

✦ **How this process has gone so far**

✦ **What I'm looking forward to next**



Sample pages only. Full 20-page planner will be professionally printed and bound.