

# Building A Mindfulness Toolkit

## Strategies for Refocusing



The ability to focus our attention is the foundation for learning, stress management, and forming relationships. However, according to research, the average person spends 47% of their waking life NOT paying attention to what they're doing! Use this listening exercise to train your focus and turn your attention toward the things that matter most.

## Instructions

1

### GET COMFORTABLE

Sit down, put your hands in your lap, and close your eyes.

2

### LISTEN

Pay attention as your leader rings a bell or chime. Listen intently and raise your hand only when you're sure the bell's sound has completely stopped.

3

### CARRY ON

Use these skills to focus on being more present. For one timed minute, keep your eyes closed and do nothing but listen. Take note of everything you hear, sense, and experience.

**By taking a minute to do nothing but focus,  
you've changed your brain!**

This is a great tool to quiet yourself, refocus, and prepare for anything.  
It's your superpower, and you can do it almost anywhere!

## Reflections & Actions

List 5 tasks that you often struggle to complete (chores, homework, etc.):

1.

2.

3.

4.

5.

How can you apply this exercise to each of those tasks? Try this the next time you're gearing up to do the task, and write down how it felt:

1.

2.

3.

4.

5.