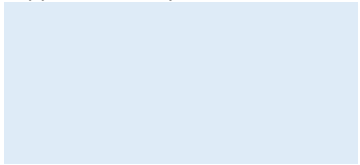
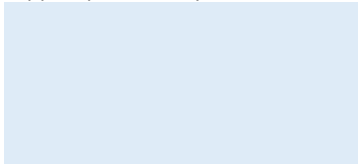
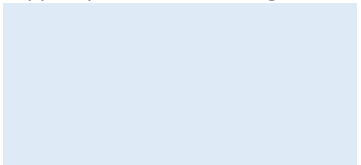
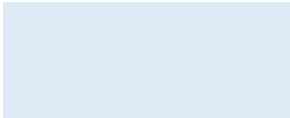
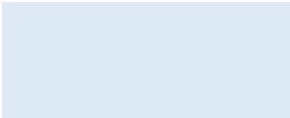
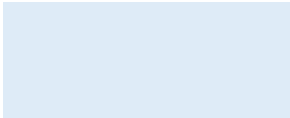
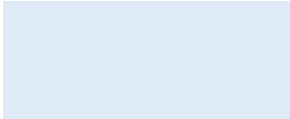
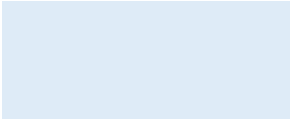
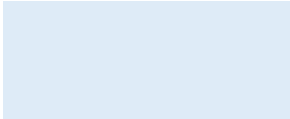
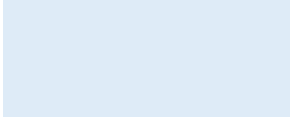
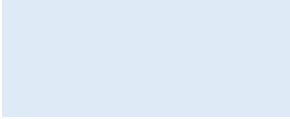
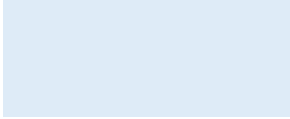
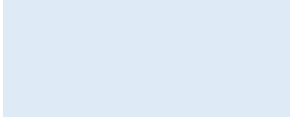
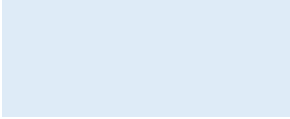
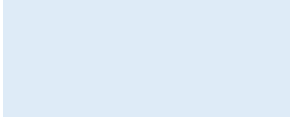
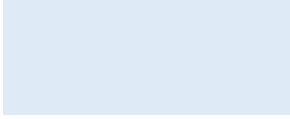
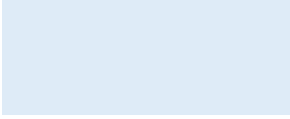
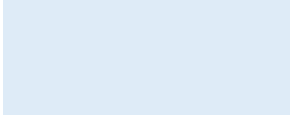

Improving Focus

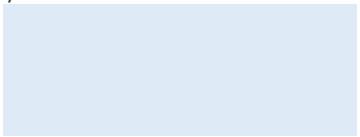
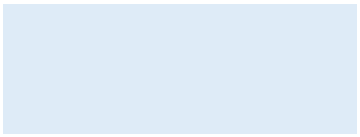
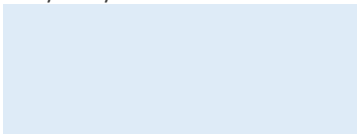
Benefits of Improved Focus

<p>CREATIVITY & PROBLEM SOLVING In what ways does improved focus support creativity?</p> 	<p>PRODUCTIVITY In what ways does improved focus support productivity?</p> 	<p>PERSONAL WELL-BEING In what ways does improved focus support personal well-being?</p> 
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Strategies and Practices

	How does this strategy support improved focus?	What might this look like?	How might I use this strategy?
BLOCKS OF FOCUS TIME			
MINIMIZING INTERRUPTIONS			
SINGLE-TASKING			
MOMENTS OF SILENCE			
MANAGING INTERNET AND SOCIAL MEDIA			

Reflection on Learning

<p>What was one idea that was new to you?</p> 	<p>What do you want to learn more about?</p> 	<p>Which strategy will you try? When will you try it?</p> 
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