
Lessons with Momi
FOCUS ON YOUR GOALS!
Stay on Track!
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Ever get involved in something you shouldn't have?
Mind someone else's business?
Obsess on what someone said about you?
Worry that someone knows more than you?
?!!!
What happened? Did it knock you off track from your own goal?
That can happen.
HERE'S WHAT I'M PRACTICING:
Focusing on my dreams and my goals.
Focusing on where I want to be.
Behaving my way to my dreams.
I take a deep breath and I choose, me.
I DON'T HAVE TO...
Join every argument.
Listen to gossip.
Be in every group.
YOUR TURN!
Pick something that matters to you and focus on it!
MY FOCUS:
One goal or dream that matters to me is:
MY REASON WHY:
This goal matters to me because...



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4. CHECK IN & REFLECT!

Answer the questions below.

1. What can distract me from my goals? _____
2. How can I get back on track if I'm feeling pulled into it? _____
3. What helps me stay focused on what matters most? _____

5. MY FOCUS PLAN!

Check (✓) the steps you will use when a distraction shows up.

- ☐ Take a deep breath.
- ☐ Pause and think, "Is this helping me reach my goal?"
- ☐ Choose what's best for me.
- ☐ Get back to my goal or task.
- ☐ Be around people who support my dreams.

6. WHAT WOULD YOU DO?

Read each situation. Check the choice that helps you stay focused on your goals.

A friend wants to talk about someone else instead of working on your project.



- ☐ Join in the gossip.
- ☐ Change the topic and get back to your work.

You keep thinking about a comment someone said about you.



- ☐ Keep replaying it in your mind.
- ☐ Take a deep breath, let it go, and refocus on your goal.

You're invited to hang out, but it will take time away from something important to you.



- ☐ Go, even if it puts me behind.
- ☐ Choose my goal and find another time to hang out.

MY FOCUS PROMISE:

I will stay focused on my goals, make positive choices, and behave my way to my dreams!

Signature: _____ Date: _____