

MIND in the Making

FOCUS

	EXACTLY LIKE YOU	VERY MUCH LIKE YOU	SOMEWHAT LIKE YOU	NOT TOO MUCH LIKE YOU	NOT AT ALL LIKE YOU	YOUR TOTAL SCORE
1. I typically get so absorbed in what I'm doing that I stay with it for a long time	5	4	3	2	1	
2. I'm easily distracted	1	2	3	4	5	
3. I have a hard time keeping my mind on things	1	2	3	4	5	
4. I can keep my energy at just the right level so that I can concentrate when I need to	5	4	3	2	1	
OVERALL SCORE						

Circle the number that describes how well the statement describes you.

Add up your scores in the far right-hand column.

If your overall score is between 20 and 15, then you rate highly on focus.

If your score is between 14 and 9, then you are in the middle category and could use some work on this skill.

If your score is 8 or below, then this is a skill you could improve.