

A photograph of a wooden staircase with railings, leading up through a snowy forest. The stairs are made of wood and are partially covered in snow. The railings are also made of wood and run along both sides of the stairs. The forest is composed of tall, thin trees, some of which are evergreens. The ground is covered in snow and fallen leaves. The overall scene is peaceful and serene.

THE FOCUS *Reset*

7-Day Focus & Mental Strength Pilot for Teens

This short 7 day program helps you train your brain to focus, stay calm under pressure, and reset when your mind gets distracted. Just like you train muscles in your body, you can train your attention and emotional control. Each day takes about 5 minutes. The goal is not to be perfect. The goal is to practice bringing your focus back.

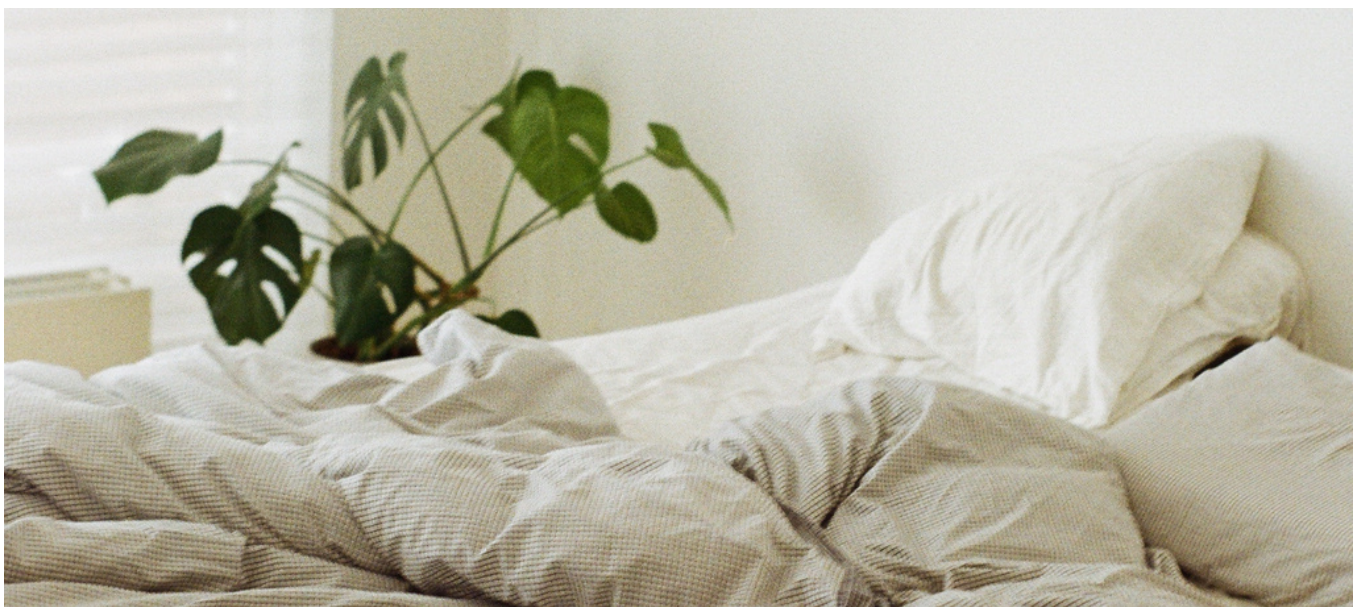
How It Works

Each day you will:

- Sit comfortably
- Practice a short breathing and focus exercise
- Reflect on what you noticed Every time your mind wanders and you bring it back, you strengthen your focus muscle.

The Power Reset Breathing

- Inhale for 4 seconds
- Hold for 2 seconds
- Exhale slowly for 6 seconds
- A long exhale tells your brain that you are safe and helps your nervous system relax.



DAY 1 — MEET YOUR MIND

Sit comfortably and focus on your breathing. Notice what it feels like just to sit still. Thoughts may appear that's normal. Simply notice them and return to your breath.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?

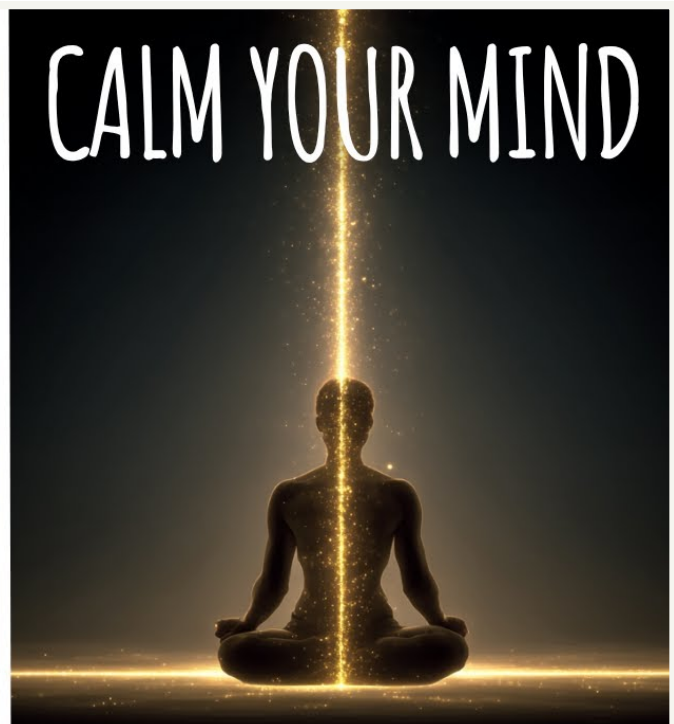


DAY 2 — TRAINING ATTENTION

Focus on the feeling of your breath moving in and out. When your mind wanders, gently bring it back to your breathing.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?



DAY 3 — THE DISTRACTION CHALLENGE

Today you will notice distractions without following them. Imagine thoughts like clouds passing in the sky.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?



DAY 4 — THE STILLNESS CHALLENGE

Sit as still as possible for a few minutes. Notice small movements and try to remain calm and steady.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?



DAY 5 — RESET AFTER MISTAKES

Think about a moment when you made a mistake. Practice breathing slowly and imagine resetting your focus.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?



DAY 6 — CALM UNDER PRESSURE

Imagine a stressful situation like a test or performance. Slow your breathing and picture yourself staying calm and focused.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?



DAY 7 — REFLECTION AND GROWTH

Sit quietly and reflect on the week. Notice if your focus or calm has improved even a little.

Reflection Questions:

- What did I notice during this exercise?
- Was it easy or difficult to focus?
- When did my mind wander?
- How did I bring my focus back?



Day	Completed?
Day 1	☐
Day 2	☐
Day 3	☐
Day 4	☐
Day 5	☐
Day 6	☐
Day 7	☐

⚡ Final Thought

Training your mind is like training a muscle. Each time you practice bringing your attention back, you grow stronger. Even 5 minutes a day can make a difference over time.