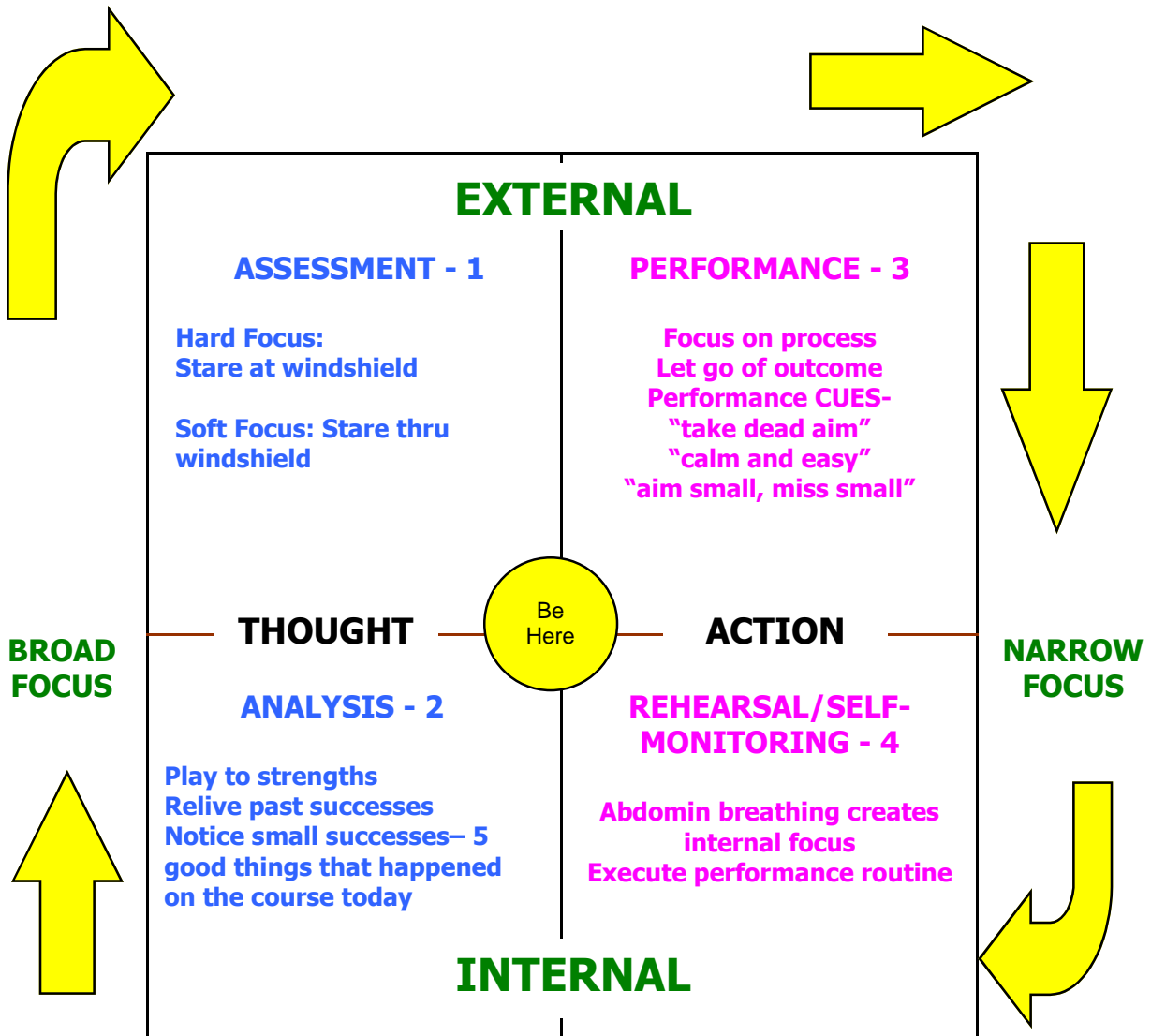


## CONCENTRATION GRID



### Concentration Is.....

- The ability to direct attention to appropriate cues in the present task while blocking out irrelevant information
- Selective attention to appropriate cues
- 100% attention to the task at hand
- Think of "nerves as "readiness"
- **Moving from thought to action consistently moves you into narrow focus**
- A loss of concentration isn't the end of the world-you can recover
- Concentration is trainable
- Concentration is natural, and distractions can be controlled
- Humans have a 45 minute attention span - Take a break