

My Focus Ritual Quick Planner

Create a repeatable routine that tells your brain: It's time to focus.
Use this worksheet to help build a short, personalized pre-focus ritual.

Step 1: Choose a Ritual Trigger

Your ritual trigger should come right before your focus session and happen naturally every day.

- | | |
|--|---|
| <input type="checkbox"/> After I make coffee | <input type="checkbox"/> After I sit at my desk |
| <input type="checkbox"/> After I put away my phone | <input type="checkbox"/> After a short walk/stretch |
| <input type="checkbox"/> Other: _____ | |

My trigger will be: _____

Step 2: Select 2–3 Ritual Cues

Pick simple actions that signal “focus mode” to your brain. These should be 1–2 minutes total.

Examples:

Light a candle or use essential oils. Turn-on soft music. Stretch or take deep breaths.

Write one sentence of intention. Open notebook or document.

My ritual cues will be: _____

Step 3: Build Your Ritual Script

Put it all together into a short, repeatable sequence you can follow every time.

My Pre-Focus Ritual:

Trigger: _____

Cue #1: _____

Cue #2: _____

Begin my 10-minute focus ritual.

Step 4: Rate & Reflect

After completing your ritual 3 times, answer the following:

How did it feel?

- ☐ Easy to do ☐ Helped me focus ☐ Felt silly ☐ Needs adjusted

Will I keep this ritual?

- ☐ Yes, it works ☐ Mostly, with a tweak ☐ No, I'll try a new version

One thing I learned: _____
