

Focus Impact Reflection

Track your wins. Reflect on growth. Expand your focus beyond the 10 minutes.
Use this tool to help recognize how your 10-minute habit is impacting your results.

1. How many days did I complete my focus habit this week?

☐ 1-2 ☐ 3-4 ☐ 5+

Describe what helped me stay consistent: _____

2. Spot Internal Resistance

What did I focus on most often?

☐ Deep work ☐ Learning ☐ Writing or journaling
☐ Reading ☐ Planning ☐ Other

What was most satisfying about it? _____

3. What benefits have I noticed (even small ones)?

Sometimes you'll lose the streak. Here's how to recover fast.

☐ More clarity ☐ Better decision-making ☐ Less reactive behavior
☐ More confidence ☐ Increase momentum ☐ Better boundaries

In my own words, I noticed and I feel more...

Response: _____

4. What's one area of life that's improving because of focus?

☐ Work ☐ Creativity ☐ Communication ☐ Stress levels ☐ Confidence

Why do I think this is happening? _____

5. What's my next growth goal?

☐ Extend to 15 minutes ☐ Add a second ritual ☐ Consistent for 30 days ☐ Other

My next small step will be: _____

Final thought or reminder to myself: _____
