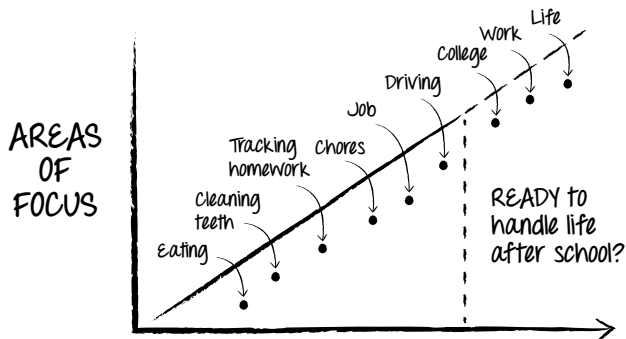


AREAS OF FOCUS

Over time AREAS OF FOCUS transfer from adults in your life (parents, teachers, coaches) to you. Keeping an eye on your AREAS OF FOCUS will help you handle any transitions in your life.



MY AREAS OF FOCUS:

WELLNESS

- Exercise
- Eating
- Hiking

FAMILY

- Mom
- Dad
- Sibling
- Dog

STUDENT

- Class X
- Class Y
- Class Z

ACTIVITIES/ SPORTS

- Band
- Soccer
- School Club

JOB

- Dog walking
- Volunteer
- Baby sitting

OTHER

(File away in your AREAS OF FOCUS folder.)