

# FOCUS TRAINING

*To control your focus you have to master yourself.*

Be aware of what zone you are in and reset if necessary.

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

25	68	29	86	83	6	13	99	24	73
44	78	61	33	87	76	27	22	70	41
34	35	62	55	100	50	66	46	89	9
12	3	96	42	36	85	17	67	39	58
8	5	52	57	75	72	45	49	51	64
40	81	59	47	26	18	32	60	54	30
63	28	93	69	16	56	71	65	92	37
53	38	95	2	11	7	19	31	15	21
4	77	91	97	98	74	14	84	90	94
88	1	43	20	79	48	23	80	10	82

44	22	14	72	94	52	34	89	49	7
95	16	2	78	86	70	87	79	18	46
80	25	58	13	92	5	10	32	12	50
91	65	84	45	9	40	100	77	85	26
1	37	96	20	64	53	62	51	29	8
57	54	4	98	63	6	97	17	83	3
21	28	33	36	99	61	90	15	48	75
31	81	73	67	66	35	71	30	74	39
82	43	19	41	24	88	93	11	76	60
27	42	56	55	68	47	38	69	23	59

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

# FOCUS TRAINING

*To control your focus you have to master yourself.*

Stay in your green zone!

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

15	6	57	51	35	56	32	7	3	87
59	44	76	23	26	29	72	2	37	46
86	89	58	75	19	80	24	17	14	8
77	94	63	28	93	64	16	65	60	45
78	90	25	73	61	95	36	82	74	96
100	21	67	47	12	27	42	98	39	66
81	52	49	83	5	20	18	41	68	85
55	9	97	38	34	31	1	92	10	99
11	30	4	79	22	71	13	84	70	88
43	53	54	91	48	33	50	62	69	40

64	42	21	62	24	90	56	14	81	19
48	88	43	76	46	78	1	63	58	60
85	11	79	50	34	71	28	80	94	99
86	47	12	27	83	8	37	33	10	41
39	95	65	75	89	55	45	70	100	13
91	25	59	66	57	6	74	53	87	61
38	68	35	97	17	52	73	54	30	51
32	31	9	3	7	96	22	4	93	82
36	26	2	23	16	77	67	98	92	49
84	29	40	20	69	72	15	5	44	18

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

# FOCUS TRAINING

*To control your focus you have to master yourself.*

Keep your intensity and emotions in check.

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

44	22	14	72	94	52	34	89	49	7
95	16	2	78	86	70	87	79	18	46
80	25	58	13	92	5	10	32	12	50
91	65	84	45	9	40	100	77	85	26
1	37	96	20	64	53	62	51	29	8
57	54	4	98	63	6	97	17	83	3
21	28	33	36	99	61	90	15	48	75
31	81	73	67	66	35	71	30	74	39
82	43	19	41	24	88	93	11	76	60
27	42	56	55	68	47	38	69	23	59

25	68	29	86	83	6	13	99	24	73
44	78	61	33	87	76	27	22	70	41
34	35	62	55	100	50	66	46	89	9
12	3	96	42	36	85	17	67	39	58
8	5	52	57	75	72	45	49	51	64
40	81	59	47	26	18	32	60	54	30
63	28	93	69	16	56	71	65	92	37
53	38	95	2	11	7	19	31	15	21
4	77	91	97	98	74	14	84	90	94
88	1	43	20	79	48	23	80	10	82

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

# FOCUS TRAINING

*To control your focus you have to master yourself.*

Don't let negative self talk distract you.

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

79	71	20	34	7	70	51	41	97	38
23	46	48	17	28	49	93	76	80	8
11	86	67	12	100	78	44	36	88	60
40	56	43	92	6	85	90	59	10	54
72	61	66	73	33	47	57	35	39	99
81	98	87	3	13	74	31	15	95	91
69	29	55	27	77	62	83	45	63	96
52	89	68	22	26	19	4	16	9	2
18	75	42	1	25	30	94	24	32	37
53	64	82	65	84	14	5	58	50	21

64	42	21	62	24	90	56	14	81	19
48	88	43	76	46	78	1	63	58	60
85	11	79	50	34	71	28	80	94	99
86	47	12	27	83	8	37	33	10	41
39	95	65	75	89	55	45	70	100	13
91	25	59	66	57	6	74	53	87	61
38	68	35	97	17	52	73	54	30	51
32	31	9	3	7	96	22	4	93	82
36	26	2	23	16	77	67	98	92	49
84	29	40	20	69	72	15	5	44	18

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Number: \_\_\_\_\_

CHALLENGE

TRACK AND POST YOUR TIMES @TOPTIERPERFORM #MINDSET