MENTAL PERFORMANCE CENTER

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FOCUS WORKSHEET

A practical tool to help athletes direct attention, reduce distractions, and return quickly to the next controllable action.

Notice the distraction.
Choose the target.
Return to the next play.

What focus really means

Focus is not the ability to avoid every distraction. It is the ability to recognize where your attention went and deliberately bring it back. Strong performers practice returning to useful information: the next play, the current cue, the present decision, and the controllable action.

Recognize Notice when attention leaves the present.	**Redirect** Choose one useful target for your attention.	**Re-engage** Act immediately with confident body language.

The goal is not perfect concentration. The goal is faster recovery of attention.

PART 1 - IDENTIFY YOUR DISTRACTIONS

Check the distractions that most often pull your attention away from performance.

- [ ] A previous mistake or missed opportunity
- [ ] Worry about the final score or outcome
- [ ] Fear of disappointing a coach, parent, teammate, or myself
- [ ] Officials, opponents, crowd noise, or outside comments
- [ ] Comparison with another athlete
- [ ] Thoughts about playing time, rankings, statistics, or selection
- [ ] Fatigue, frustration, pain, or physical discomfort
- [ ] Overthinking technique instead of trusting trained movement

The distraction that affects me most

What usually happens to my performance when I follow that distraction

PART 2 - BUILD YOUR ATTENTION TARGETS

Choose targets that are specific, brief, and immediately useful.

Situation	Useful focus target
Before competition	
At the start	
After a mistake	
During pressure	
When tired	

PART 3 - THE 3-SECOND RESET

Use this after a mistake, distraction, bad call, or momentum shift.

1. Exhale Release tension from your jaw, shoulders, and hands.	**2. Cue** Say one reset word or phrase.	**3. Act** Move immediately toward the next responsibility.

My reset word or phrase

My next-action cue

PART 4 - FOCUS PRACTICE

Exercise	How to practice it
Breathing reset	Take one slow inhale and a longer exhale before returning to your cue.
External focus	Name three things you can see, two you can hear, and one action you control.
Cue repetition	Repeat one short performance cue during warm-up and pressure drills.
Distraction rehearsal	Imagine a mistake or bad call, then rehearse your reset and next response.

MY DAILY FOCUS COMMITMENT

The one focus skill I will practice this week

The situation where I will use it

COMPETITION FOCUS PLAN

Complete this before your next competition.

My primary focus target

My secondary focus target if pressure increases

My reset word or phrase

The body language I will use after a mistake

POST-COMPETITION REFLECTION

When was my focus strongest?

What distracted me most?

How quickly did I recover my attention?

What will I improve before the next competition?

TRAIN YOUR ATTENTION LIKE A PERFORMANCE SKILL

Complete the Mental Performance Gap Analyzer™ or schedule a free consultation with Albert Duarte.

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Educational use only. This worksheet supports mental performance development and is not a substitute for medical or mental-health care.