

# LEADERSHIP CHALLENGE

## Train Your Brain Step #3

### Train your brain to focus.



### Challenge#3: Stop and think before you act.

Your brain is excellent at saving you in a crisis, but you must train it to stop and think before you act in day-to-day events. Next time you get upset do this to help train your brain:

**Stop.** Take a few minutes to calm down and sort your thoughts with a focus bottle. Shake up the bottle then watch the water and oil separate and ask yourself focus questions. Here is an example to teach you how.

- Let's pretend you are very angry. Ask yourself, "Why am I angry?"  
Example answer: "Because Megan didn't play with me at recess."
- Why does Megan not playing with you at recess make you angry (fill in blank with the feeling you identified above) Because I felt like Megan didn't like me'
- Ask yourself, "Why do you feel angry if Megan doesn't like you?" (fill in blank with the feeling you identified above) "Because I feel like I don't have any friends."
- Why am I really upset? \_\_\_\_\_  
\_\_\_\_\_
- What are the facts and what are my feelings? \_\_\_\_\_  
\_\_\_\_\_
- Is this worth being angry over? \_\_\_\_\_
- What could you do instead?  
\_\_\_\_\_  
\_\_\_\_\_

