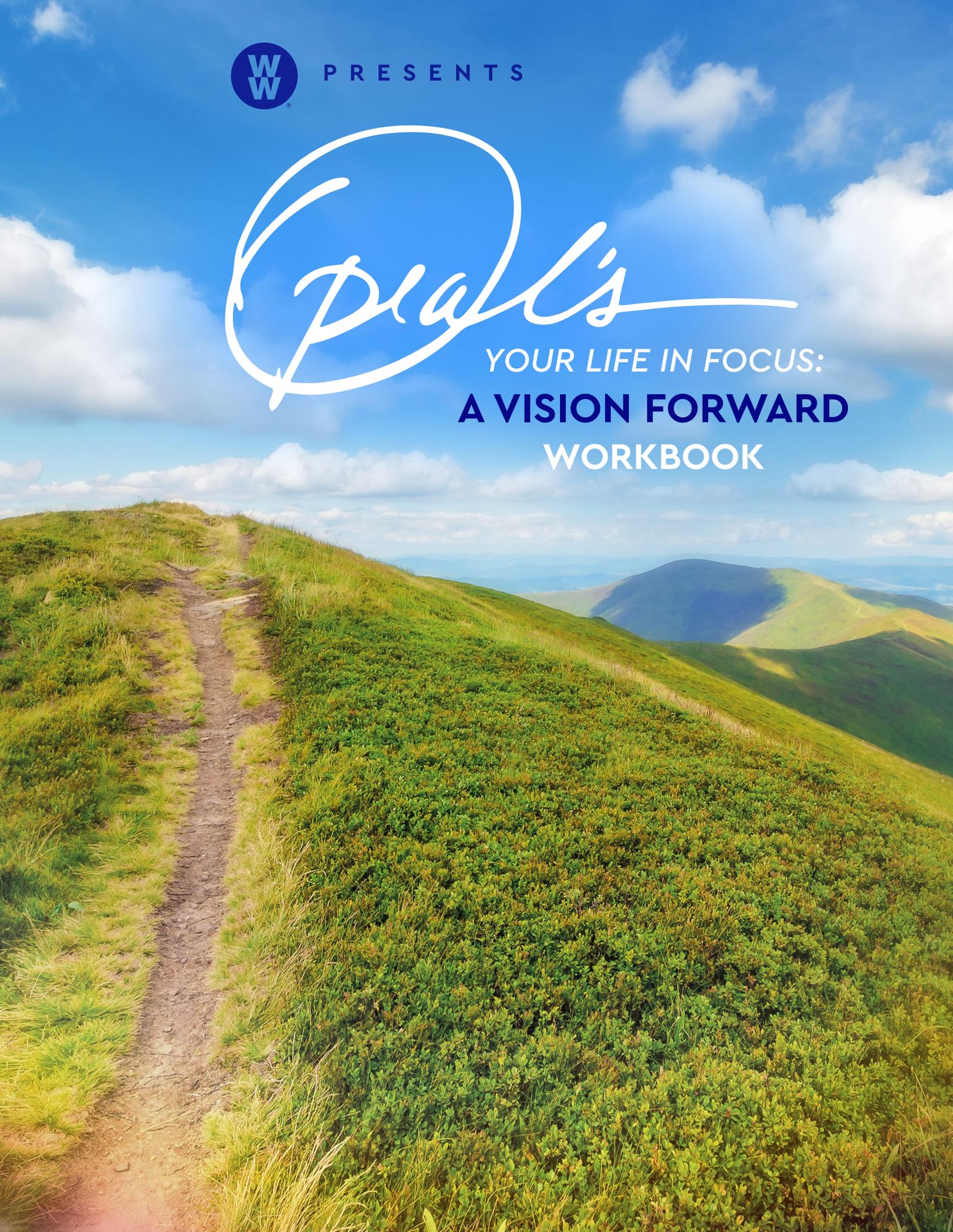




P R E S E N T S

Pratt's

YOUR LIFE IN FOCUS:
A VISION FORWARD
WORKBOOK





Welcome!

Thank you for saying YES today!

It's hard to believe just months ago, I was traveling the country with WW, meeting and talking to so many of you about being well and staying focused. Then the pandemic hit and shook us all. Like millions of you all over the world, I've been staying safer at home for weeks now.

I know so many of you have been feeling stressed, overwhelmed and disconnected. My hope for this experience is to create a space of clarity and inspiration so that together we can meet this unprecedented moment and design our vision forward!

What I know for sure is that it's more important than ever to be and stay WELL - mind, body and spirit.

Let's spend these four Saturdays resetting, refocusing and renewing our commitment to what matters most.

Here we go!



Your Wellness Quotient: **FOCUS**

WEEK 1: May 16, 2020

FOCUS is the ability to pause, recognize our feelings, and find clarity in what matters most as a path to both physical and emotional well-being. In this moment, it means maintaining balance despite a constant flow of overwhelming information and disruptions to our daily life.

Instructions:

To assess your focus quotient, consider how accurately each statement describes you at this time, and select a score from 1 to 4:

- 1 - Not me at all
- 2 - Sometimes me
- 3 - Often that's me
- 4 - That's me!

- 1. I adjust the amount of news I take in to keep my emotions in balance.
- 2. I try to create activities that channel my stress, like taking walks, cooking, and completing projects around the house.
- 3. It's important to me to maintain healthy habits by eating at regular times and choosing foods that nourish me.
- 4. I pay attention to my emotions throughout the day and practice releasing what I can't control.
- 5. Despite difficult challenges, I take time to recognize moments of beauty and gratitude throughout the day.

Scoring:

Add up your scores and write the total here:



What your score says about your focus in this moment

5-8:

You may be feeling a bit out of focus. Try shifting your thoughts toward what you can control right now. Some ideas include: being mindful of the flow of information you take in, creating short moments of quiet for yourself, making healthy food choices, taking a quick walk, or connecting with a friend.

9-12:

You work toward focus, but often moments of uncertainty can overwhelm you. What can you do more of—and less of—to lower stress and better care for your overall well-being?

13-17:

Most of the time, you're able to stay focused on what you can manage and practice the healthy habits that keep you grounded—but worry still has some power to derail you. How can you strengthen the skills that sustain you in a challenging moment?

18-20:

Your conscious effort to keep yourself balanced is laying a firm foundation for coping well during and after this crisis. Building in regular acts of service has the power to elevate your experience and create a positive ripple effect for those who need it most.

Reflect and renew

What word can strengthen your focus? Write it down and keep it in mind this week:

What one simple thing can you do every day to put your word and your focus into action?