

# Focus!

*The ability to concentrate your efforts or attention on one thing.*

## Dear Parents,

With so many distractions out there for both adults and children, learning how to focus on the task at hand is a worthwhile skill. Although many of us are required to multi-task at work and home, it is essential that we also have the ability to give our full attention to one task.

World-class athletes spend enormous amounts of time with their trainers and specialists learning the key components of focusing on each element of each skill needed to compete. They even train on blocking out distractions, like cheering crowds, so they can focus on doing their best.

We're not asking our students to learn that much focus. However, being able to concentrate on what the teacher is saying, or being able to complete an assignment without constant reminders will be a life-long benefit for your child.

## What can parents and caregivers do to help their children develop self-discipline?

**Give your child your attention.** There are many times when you can only give your children a small portion of your attention. However, when your child has something important to tell you, and you are not driving or doing some other important task that requires your utmost attention, look your child in the eye and really listen. Repeat back what you think he or she told you and show the proper response.

**Limit "I can't" phrases.** We all have things we can't do, but focus on what you can. Follow "can't" phrases with what you can do. "I may not be able to do a split anymore, but I have an incredible roundhouse kick!"

**Lose your fear.** Don't fall into the I-can't-do-that-because-something-bad-will-happen trap. "I can't ask for a raise, because the boss will say no." "I can't take martial arts, because I'm too old." Don't set fearful limits, because you don't want your kids to learn that from you.

**Find solutions.** When your child comes to you and makes excuses for why something wasn't done, ask what could be done to make it happen. "I didn't clean my room, because I didn't have time." "Perhaps if I only played for 30 minutes instead of an hour, I would have had 30 minutes to clean."

## This month our weekly lessons will cover:

### Week One:

Definition: The ability to concentrate your efforts or attention on one thing.

### Week Two:

"Focus on your potential instead of your limitations."

*Alan Loy McGinnis*

### Week Three:

"The key to success is to focus on things we desire not things we fear."

*Brian Tracy*

### Week Four:

"Focus your energies on answers — not excuses."

*William Arthur Ward*

## River Valley Martial Arts

PO Box 640  
1809 Weir Road  
(1 Mile North of Wal-Mart)  
Russellville AR 72811

P 479-968-1708 (Day)  
P 479-890-6988 (Night)  
F 479-967-9898

[www.rivervalley martial arts.com](http://www.rivervalley martial arts.com)

