

# DEVELOPING MENTAL FOCUS

**C**OMPLETION INSTRUCTIONS: Find a quiet place to work. Take 2 to 3 minutes out of your busy day to focus on being focused! Alternatively, do this exercise pre-competition to help you focus in the moment.

Start by timing yourself to complete the exercise in 30 seconds (time yourself). Your task is to start by locating "00" then work sequentially through the grid finding the next number in ascending order. Strike out each number as you find it then move on to the next number. How far did you get in 30 seconds?

32	42	39	34	99	19	84	44	03	77
37	97	92	18	90	53	04	72	51	65
95	40	33	86	45	81	67	13	59	58
69	78	57	68	87	05	79	15	28	36
09	26	62	89	91	47	52	61	64	29
00	60	75	02	22	08	74	17	16	12
76	25	48	71	70	83	06	49	41	07
10	31	98	96	11	63	56	66	50	24
20	01	54	46	82	14	38	23	73	94
43	88	85	30	21	27	80	93	35	55

**I**nstructions Round 2: Repeat the exercise beginning where you left off in the first round. See how far you get the second time. Notice what you notice! What did you consciously do to focus second time around?

32	42	39	34	99	19	84	44	03	77
37	97	92	18	90	53	04	72	51	65
95	40	33	86	45	81	67	13	59	58
69	78	57	68	87	05	79	15	28	36
09	26	62	89	91	47	52	61	64	29
00	60	75	02	22	08	74	17	16	12
76	25	48	71	70	83	06	49	41	07
10	31	98	96	11	63	56	66	50	24
20	01	54	46	82	14	38	23	73	94
43	88	85	30	21	27	80	93	35	55