

# BLACK DOT FOCUS

BLACK DOT FOCUS REPRESENTS A MORE OPEN AND WIDER AWARENESS OF THINGS. WRITE ALL THE AREAS OF YOUR LIFE YOU COULD USE BLACK DOT FOCUS BELOW.



# WHITE DOT FOCUS

WHITE DOT FOCUS REPRESENTS A MORE NARROWED AND FOCUSED AWARENESS OF THINGS. THIS IS A GOOD TYPE OF FOCUS TO USE WHEN YOU ARE TRYING TO CONCENTRATE ON JUST ONE THING, SUCH AS TAKING A TEST. WRITE ALL OF THE AREAS OF YOUR LIFE YOU COULD USE WHITE DOT FOCUS BELOW.



