

Name:	
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## May Focus Mastering your mind



You can master your mind, and have positive thoughts (and delete negative ones). Color the positive, happy student!

We can learn to pay attention, even when distractions exist. List things you can do at school if a student in class is becoming a distraction



Go for it! You can find the knowledge you need to succeed. See yourself already there!

Draw a picture of you receiving an award at school, in sports, or a certificate at the dojo

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