

# The Laser Beam Mind

*My Daily Attention Practice — 7 Days*

In collaboration with ISKCON · Session 2 · Focus & Attention

STUDENT FOCUS WORKSHEET

Session 2 · Duration: 50–60 mins

One Task Only · 20–25 Min  
Blocks

**Psychology behind this practice:** Csikszentmihalyi's Flow research (1990) shows peak performance requires single-pointed attention. Goleman (2013) identifies focused attention as a trainable skill with measurable neuroplastic effects. Kaplan's Attention Restoration Theory (1989) shows that deliberate single-task practice rebuilds directed attention capacity. **Epic Anchor:** Arjuna — Mahabharata, Adi Parva. Drona's bird's eye test is the oldest documented protocol for task-irrelevant stimulus suppression — 3,000 years before modern sports psychology.

## ■ Before You Begin — How This Works

Read on Day 1

- Choose a **fixed 20–25 minute block** each day. Same time, same place — routine beats willpower.
- **One task only.** Write it down before you start. No switching mid-block.
- **Remove one distraction** before you begin. Not all of them — just one, every day.
- Count the moments your mind wanders. No judgment — just data. Awareness is the first training.
- Complete Parts C, D, and E after Day 7. Complete Part F with a parent — not for them.

## ■ Part A — My Daily Focus Plan

Set before each session begins

### My one task for this focus block

*Be specific. Not "study." Instead: "Read pages 40–55 of history textbook."*

### The one distraction I am removing today

Phone in another room
  Background noise
  Switching between tabs
  People interruptions
  Other: \_\_\_\_\_

### My start condition — when this happens, I begin

*e.g. "After I finish breakfast" · Link it to something you already do*

## ■ Part B — 7-Day Attention Tracker

Fill in at the end of each block

Day	Task I chose	Block complete?	Tally marks — wanderings	Task finished?	Focus quality 1 → 5
1		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
2		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
3		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
4		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
5		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
6		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
7		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No	■ ■ ■ ■ ■
<b>Total days completed:</b>	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7				

**What the tally tells you:** A high wandering count on Day 1 is normal — and expected. Watch the number fall as the week continues. That fall is the training working.

**Missed a day?** Mark it. Move on. Missing once does not break focus training. Stopping entirely does.

### ■ Part C — What My Attention Revealed

Fill in after Day 7

**01** Which day was it easiest to enter the focus block — and why?

**02** Which day did my mind wander the most? What was happening that day?

**03** What distraction cost me the most this week?

**04** When did I feel genuinely absorbed — what was different in that moment?

**05** Did my wandering tally change across the 7 days? What does that tell me?

**06** What does this week reveal about how I work best?

### ■ Part D — My One Adjustment

Choose one, commit to it

*Improvement works when it is singular. Choose one adjustment — not five. Trying to change everything at once changes nothing.*

**The single thing I will do differently in my next 7-day block**

*e.g. remove phone before sitting down / start 15 mins earlier / use a timer*

**Do I want to continue this focus practice next week?**

■ Yes, same ■ Yes, modified — see above ■ Try a different practice ■ Not yet

### ■ Part E — My Anchor Habit

One micro-commitment for next week

**Arjuna's training principle:** He did not practise for 12 hours on one day. He practised once, every day, for years. Your anchor habit is not about intensity — it is about the act of showing up when you said you would.

**My anchor habit this week**

*Phone away / one task / same time daily — pick one, make it tiny*

**Linked to (existing daily anchor)**

*e.g. "After I eat breakfast" / "Before I open my laptop"*

### THE ONE THING I WANT TO REMEMBER FROM THIS WEEK

*"This week I learned that my attention ..."*

*Write what is actually true — not what sounds good. This is for you, not your marks.*

### ■ Part F — Parent Note

Optional but meaningful

*This is not a progress report. Write only what you genuinely observed. Your child may read this. The goal is understanding, not assessment.*

**One change in my child's attention or behaviour I noticed this week**

One moment this week where my child surprised me

Did we create a distraction-free window together this week?

Yes — we did it  We tried  Not yet — we will next week

*Parent / Guardian: I have read what my child wrote this week. I will not correct it or grade it. I will use it to understand them better.*

Parent / Guardian Signature

Date Reviewed

**FOR FACILITATOR USE ONLY**

**Key facilitator line (when distributing):** *We are not adding study time. We are improving how your attention works.*

**Facilitator observation for this student**

Reviewed by

Date

*Where your attention goes, your results follow.*

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