

Editable Templates available using Canva.

3 Artists to Listen to While Staying Focused

https://www.canva.com/design/DAEYH9luaS0/DeqjK2ymZbdoLCsM5q-Jyg/view?utm_content=DAEYH9luaS0&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

3 Reasons to Say Goodbye to Multitasking

https://www.canva.com/design/DAEYH4SUOcg/N261cfMDcmSSQ2kmUemSUA/view?utm_content=DAEYH4SUOcg&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

Can Coffee Really Help You Stay Focused

https://www.canva.com/design/DAEYIFN_2Bw/V1At1b-IAYvSL5KcZptZzg/view?utm_content=DAEYIFN_2Bw&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

Can You Train Your Brain to Focus?

https://www.canva.com/design/DAEYIGKDX9U/gLHW90EZrKuEKYRvaKdgbA/view?utm_content=DAEYIGKDX9U&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

How to be Mindful While Staying Focused

https://www.canva.com/design/DAEYIClrADo/LmhL0S5SPW71wAS4NRdT-g/view?utm_content=DAEYIClrADo&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

3 Tips for Making a To-Do List That Actually Helps

https://www.canva.com/design/DAEYISPJ9J8/goUd-NFd6oJa3WEq12FPmQ/view?utm_content=DAEYISPJ9J8&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

Staying Focused During Breaks

https://www.canva.com/design/DAEYIT1wMQU/dSb4_GuyFgmO-9Zsd7L3iA/view?utm_content=DAEYIT1wMQU&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

Staying Focused Starts at Night

https://www.canva.com/design/DAEYIbUzq_c/xSOCmeYwOpdASXrREymEng/view?utm_content=DAEYIbUzq_c&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

The Pomodoro Technique

https://www.canva.com/design/DAEYIh7exhw/6h7dZa6w-puORj6e2ms3lQ/view?utm_content=DAEYIh7exhw&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview

Top 3 Ways to Stay Focused During a Chaotic Day

https://www.canva.com/design/DAEYliwPdkw/KhLv8ucwbeKu6FJiVDsmpA/view?utm_content=DAEYliwPdkw&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton&mode=preview