FolarraStudio

Focus Journal

one thing · deep work · done

UNDATED · PRINTABLE · PROMPTS, TRACKERS & REFLECTION

This Journal Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Today and Sessions pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Choose one thing that matters most, protect a focus block and log what got in the way.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My word for this year

Why I am doing this

Contents

tap a title in the digital planner to jump to it

Today 4

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One Thing Today

one day per page

DATE _____ FOCUS BLOCK _____

ENERGY _____ DONE _____

The one thing

Why it matters

First tiny step

Focus Sessions

minutes of deep work

DATE	TASK	START	MINUTES	QUALITY
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Distraction Log

notice and fix

DATE	DISTRACTION	FIX

Focus Setup

before you start

Space

- [ ] Clear desk
- [ ] Water
- [ ] Door closed

Mind

- [ ] One task chosen
- [ ] Timer set

Digital

- [ ] Phone away
- [ ] Tabs closed
- [ ] Notifications off

Weekly Focus Review

deep work totals

Total focus hours

Best session

Biggest distraction

Change next week

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this journal makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

Terms of use

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- Colors may look slightly different on screen and on paper.
- Questions or ideas? Write to me through folarrastudio.com, I am happy to help.

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