

A close-up photograph of a hand holding a magnifying glass. The hand is positioned at the bottom left, with the thumb and index finger gripping the handle. The magnifying glass is held over a white, slightly textured surface, which is the background of the text. The background is softly blurred, showing green foliage. The overall lighting is bright and natural.

Presented by BU Happiness College

How to Shift Your Focus

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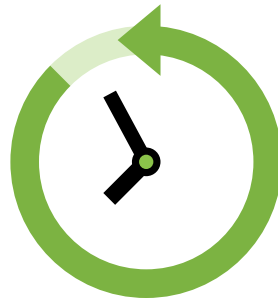




"When you shift your focus, you change your life"
-Steve Rizzo



Past-Focus

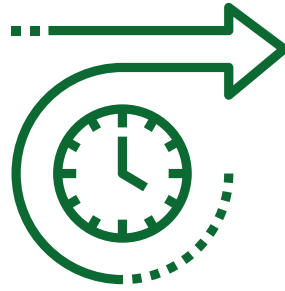


Strengths

Drawbacks

How to healthily connect with the past.

Future-Focus



Strengths

Drawbacks

How to healthily connect with the past.

Becoming Present; The Transition Point



Strengths

Drawbacks

Empty rounded rectangular box for writing strengths.

Empty rounded rectangular box for writing drawbacks.

How to healthily connect with the present.

Large empty rounded rectangular box for writing how to healthily connect with the present.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and professional.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...

A solid green horizontal bar at the bottom of the page.