



## Quick Self-Check:

# How Focused Are You Today?

To complement the toolkit, take a moment for a quick focus check-in. This brief self-assessment helps you gauge where your attention currently stands and identify which practices to prioritize.

Instructions: Choose the option that best reflects how often each statement is true for you.

**1 I can concentrate on one task for a long time when necessary.**

☐ 1 Almost Never ☐ 2 Sometimes ☐ 3 Often ☐ 4 Almost Always

**2 When I get distracted, I can return to my work quickly.**

☐ 1 Almost Never ☐ 2 Sometimes ☐ 3 Often ☐ 4 Almost Always

**3 I can stay focused even when there is a lot happening around me.**

☐ 1 Almost Never ☐ 2 Sometimes ☐ 3 Often ☐ 4 Almost Always

**4 I can control my thoughts so they don't drift away during important tasks.**

☐ 1 Almost Never ☐ 2 Sometimes ☐ 3 Often ☐ 4 Almost Always

**5 After an interruption, I can resume my work without losing momentum.**

☐ 1 Almost Never ☐ 2 Sometimes ☐ 3 Often ☐ 4 Almost Always



### Scoring Guide:

Add your total score (range 5–20):

**5–10:** Your attention is under strain. Start with one daily practice to rebuild focus.

**11–16:** You have fair attention control. Strengthen consistency and reduce digital load.

**17–20:** Strong attentional control — you model focused, intentional leadership.

By combining the toolkit with this simple self-check, you can identify attention gaps, protect your focus, and act with intention. In an era engineered to fragment your mind, clarity becomes a leadership superpower in 2026.

*This assessment is adapted from:*

*The Self-Regulation Assessment by Ralf Schwarzer, Manfred Diehl, & Gerdmarie S. Schmitz, (1999). [https://userpage.fu-berlin.de/~health/selfreg\\_e.htm](https://userpage.fu-berlin.de/~health/selfreg_e.htm)*

*The Psychometric Properties of Attentional Control Scale and Its Relationship with Symptoms of Anxiety and Depression: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5483236/>*