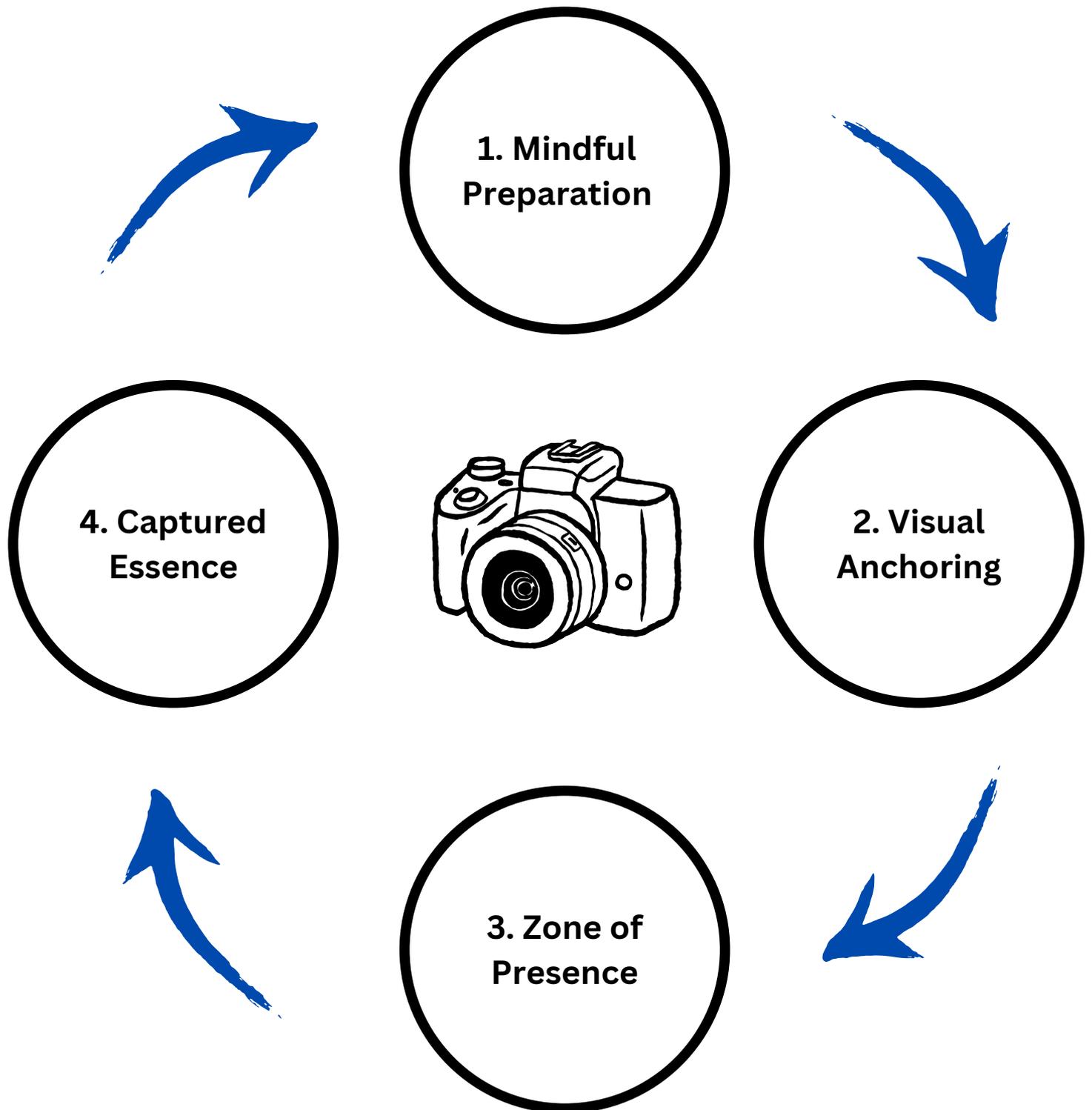


The Wild Focus Method Worksheet

Sketch or note down personal insights and actions.



1. Mindful Preparation

2. Visual Anchoring

3. Zone of Presence

4. Captured Essence