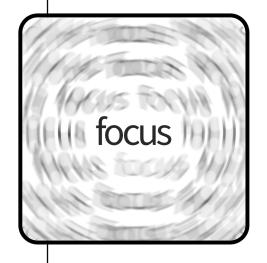
## **Sustained Attention**



**Focus** on what you are trying to do/learn



## Manage internal and external distractions



