RESTMINT STUDENT WORKBOOK

The Focus Reset Workbook

A practical plan for the days when you sit down to study and your attention refuses to

10 MINUTES TO RESTART



Start smaller than your stress

This workbook is not a promise of perfect focus. It is a way to make the next useful move easier.

The rule

Do not try to rescue the entire day. Rescue the next ten minutes. A small completed action gives your brain clearer evidence than another hour of worrying about everything you have not done.

Before you begin

- [ ] Put this workbook beside your notes, not in another browser tab.
- [ ] Choose one subject. You can return to the others later.
- [ ] Set a ten-minute timer. This is a reset, not a marathon.

A gentle note

Trouble concentrating can come from ordinary fatigue, stress, distraction, unclear work, or many other causes. This workbook is educational, not medical advice. If concentration problems are persistent or interfere with daily life, consider speaking with a qualified professional.

The 10-minute focus reset

Use this sequence exactly once before changing apps, playlists, rooms, or study methods.

1. **Clear the surface**
   Keep only the material needed for the next task.

2. **Move the phone**
   Place it out of reach, face-down, or in another room.

3. **Name one result**
   Write what will exist when the study block ends.

4. **Shrink the first move**
   Open the page, write the heading, or answer one question.

5. **Start the timer**
   Choose 10, 25, or 50 minutes based on your current energy.

Find the real blocker

Focus advice fails when it treats every distracted moment as the same problem.

- [ ] I feel overwhelmed

  Choose the smallest visible task and hide the rest.

- [ ] I feel tired

  Use a shorter block, brighter light, water, and a simpler task.

- [ ] My phone keeps winning

  Add physical distance; willpower is not a room layout.

- [ ] I do not know what to do

  Turn the assignment into a verb: outline, solve, read, compare, draft.

- [ ] The work feels boring

  Add a finish line: one page, five questions, or twenty minutes.

Write one finish line

A task like 'study biology' is too vague. Give the session a result you can see.

By the end of this block, I will...

Turn vague work into visible work

Study chapter 4	**becomes**	Read pages 42-48 and write five recall questions.
Work on essay	**becomes**	Draft the opening paragraph without editing it.
Revise math	**becomes**	Solve three problems and mark where I get stuck.
Catch up	**becomes**	List every missing task, then complete the shortest one.

Choose the right focus block

Longer is not automatically better. Match the block to the state you are in today.

10 minutes

Use when starting feels impossible.

Goal: begin and create momentum.

25 minutes

Use for normal reading, practice, or drafting.

Goal: one specific result.

50 minutes

Use only when you are already settled.

Goal: deeper work with a planned break.

Break rule

Stand up, look away from the screen, and avoid opening a feed. A five-minute scroll is rarely a five-minute break.

Sound, silence, or ambient noise?

Use sound as a tool, not as another decision to keep revisiting.

Silence

Best for difficult reading, memorization, or writing when audio steals language attention.

Steady ambient sound

Useful when unpredictable background noise is the real distraction.

Instrumental music

Try it for repetitive or familiar work; keep volume low and avoid constant track switching.

Lyrics

Usually save them for easier tasks if you notice yourself following the words.

One-session experiment

Pick one option before the timer starts. At the end, rate distraction from 1-5. Repeat across three sessions before deciding what actually helps you.

When focus disappears again

Losing focus is not the end of the session. Use a recovery rule instead of judging yourself.

NOTICE - NAME - RETURN

Notice that attention moved. Name the distraction in a few words. Return to the smallest visible action. Do not restart the entire plan.

Write your recovery sentence

When I notice I am _____, I will _____ for two minutes.

_____

_____

_____

Example

When I notice I am rereading the same paragraph, I will write one question about it and search the paragraph for the answer.

Your weekly focus checklist

Print this page or revisit it before the first study block of each week.

- [ ] Choose the three most important academic outcomes.
- [ ] Break each outcome into a first visible action.
- [ ] Schedule two realistic focus blocks before adding more.
- [ ] Decide where the phone will go during each block.
- [ ] Prepare the files, books, and links before the timer starts.
- [ ] Choose silence, ambient sound, or music intentionally.
- [ ] Record what interrupted you without judging it.
- [ ] Adjust next week's system using what actually happened.

This week's smallest meaningful win

Keep the next step visible

You do not need a perfect system. You need a system you can restart.

Your reset card

1. Clear the surface.
2. Move the phone.
3. Name one result.
4. Shrink the first action.
5. Start a realistic timer.

Explore the related RestMint guides

Visit restmint.com for independent comparisons of focus timers, app blockers, ambient sound tools, and student productivity apps. RestMint explains pricing, limitations, privacy considerations, and everyday fit before you subscribe.

Made for students, not for perfect routines

Keep this workbook somewhere easy to reopen. The most useful productivity tool is often the one that helps you begin again without making the moment heavier.