

ADVENTURES  IN TRUTH™

GROWTH & FOCUS

ACTIVITY BOOK

— SMALL STEPS. BIG CHANGES. —

Color
Think
Write
Grow
♥



FOCUS POWER™

WHAT YOU FEED GROWS.

CURIOSITY

COURAGE

CREATIVITY

CALM

KINDNESS

WONDER

CONFIDENCE

WHAT YOU FEED GROWS.

What do you want to grow more of? _____

FOCUS POWER™

SOLARIA FOCUS PORTAL

WHAT YOU FEED GROWS.



CAN YOU FIND THESE 9 FOCUS SYMBOLS HIDDEN IN THE PORTAL?



CURIOSITY



COURAGE



CREATIVITY



CALM



KINDNESS



CONFIDENCE



FOCUS



ENERGY



WONDER

WHAT ARE YOU CHOOSING TO FEED WITH YOUR ATTENTION? _____

ADVENTURES  IN TRUTH™
FUTURE HUMAN SKILLS™

60-SECOND FOCUS LAB

WHAT YOU FEED GROWS.

You have 60 seconds!
How many of these can you find
in the lab below?

FIND:

3 — 
THOUGHTBANDS

5 — 
BLUE SLIME
DROPLETS

4 — 
STARS

2 — 
LUMIAS

6 — 
GEARS

3 — 
SKY GARDEN
PLANTS

2 — 
HOLOGRAM
HEARTS

1 — 
VALVE WHEEL

4 — 
LIGHTNING
BOLTS

2 — 
SOLARIA SIGNS

CHALLENGE:

Look again—slower.
What did you notice
the second time
that you missed
the first?

FOCUS POWER™

GROW YOUR WORD

WHAT YOU FEED GROWS.

Choose a word that represents
what you want to grow.
Write it in the center.

BRAVE

CREATIVE

CURIOUS

WHAT DO YOU WANT TO GROW?

CONFIDENT

CALM

KIND

STRONG

FOCUSED

Color your word. Feed it with your attention.
Watch it grow.



Think it.



Feel it.



Focus on it.



Feed it.



Grow it.



Be it.

Some of the most powerful things you can feed your mind aren't loud. They're quiet.

FOCUS POWER™ HIDDEN WORDS

WHAT YOU FEED GROWS.

What words will you choose to feed your focus today?

What are some quiet, powerful words that help you stay focused, kind, brave or curious?



FIND THE WORDS

Find the hidden words in the puzzle.

B R A V E F O C U S
L O V E I D E A S G
G R A T E F U L R R
P O S S I B L E O O
S E E M O R E W W W
U N I T E K I N D T
G R O W C U R I U S

WORDS TO FIND:

- ✦ BRAVE
- ✦ FOCUS
- ✦ LOVE
- ✦ IDEAS
- ✦ POSSIBLE
- ✦ GRATEFUL
- ✦ SEE MORE
- ✦ GROW
- ✦ UNITE
- ✦ KIND
- ✦ CURIOUS

WRITE YOURS

Write three quiet, powerful words that you want to feed your mind.

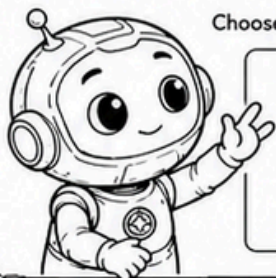
1

2

3

PUT IT INTO ACTION

Choose one of your words above. Draw or write how you can feed that word today.



REMEMBER:

Your words shape your world. What you feed grows inside you.