




## REFOCUS DIRECTIONS

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1. THINK ABOUT WHY YOU ARE HERE.
  2. IF THIS IS YOUR 1<sup>ST</sup> TIME HERE TODAY; COMPLETE A THINK SHEET.
  3. IF THIS IS YOUR 2<sup>ND</sup> TIME HERE TODAY; COPY THE SAD NEWS NOTE.
  4. WHEN YOU ARE FINISHED, PUT YOUR HEAD DOWN AND WAIT UNTIL I COME TO TALK WITH YOU ABOUT YOUR CHOICES.

