

# Storyboard and Script for Video

## How to Stay Focused While Studying

**Title:** *"The Focus Challenge"*

**Purpose:** To teach a simple technique for improving focus using everyday items.

### Storyboard & Script:

#### Scene 1: The Setup

##### Visuals:

- A single person shot of you sitting at a desk, trying to study. The desk is cluttered with papers, a phone buzzing with notifications, and snacks.
- You look frustrated and distracted, repeatedly picking up the phone.

##### Voiceover (self-recorded):

"Ever sit down to study but find yourself distracted by *everything*? I've been there too. But here's a quick hack to help you stay focused."

#### Scene 2: The Focus Jar

##### Visuals:

- You grab an empty jar (or bowl) and label it "*Focus Jar*."
- A quick montage shows you:
  - Placing your phone in the jar.
  - Adding a piece of paper with a written goal: "*Study for 25 minutes*."
  - Setting a timer on a watch or laptop.

##### Voiceover:

"Meet the Focus Jar. Here's how it works:

1. Write down your goal and drop it in the jar.
2. Put distractions, like your phone, inside.
3. Set a timer—25 minutes works great."

### **Scene 3: The Study Session**

#### **Visuals:**

- You focus on studying, flipping through notes or typing on a laptop.
- The timer goes off, and you smile, taking your phone out of the jar.
- You write a quick “Well done!” note and drop it into the jar for motivation.

#### **Voiceover:**

"While the timer runs, focus only on your goal. When it's done, take a break—and celebrate your progress! It's simple, but it works."

### **Scene 4: Final Thoughts**

#### **Visuals:**

- A close-up of the jar now filled with small notes of completed goals.
- You hold the jar up and smile at the camera.

#### **Voiceover:**

"Staying focused doesn't have to be hard. Try the Focus Jar and see how much you can get done. Grab a jar and start your Focus Challenge today!"