

# INSTRUCTIONS

1

*Print the cards  
on a color printer*



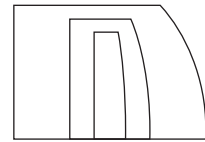
2

*Cut the cards along  
the solid lines*



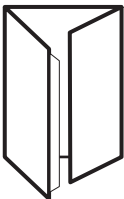
3

*Cut the right slot  
depending on the  
thickness of your  
monitor and adjust  
it as you see fit.*



4

*Fold the cards along  
the dotted lines*



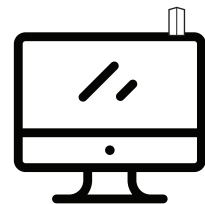
5

*Glue or tape it  
together*



6

*Place it on your  
monitor and change  
card as needed.*



*For more ways to focus visit:  
[NirAndFar.com/Focus](http://NirAndFar.com/Focus)*



RED LIGHT

Please do not disturb unless it is really important



RED LIGHT

For more ways to focus visit:  
[NirAndFar.com/Focus](http://NirAndFar.com/Focus)



YELLOW LIGHT

I am busy but you can disturb me



YELLOW LIGHT

For more ways to focus visit:  
[NirAndFar.com/Focus](http://NirAndFar.com/Focus)



GREEN LIGHT

I am here if you need me



GREEN LIGHT

For more ways to focus visit:  
[NirAndFar.com/Focus](http://NirAndFar.com/Focus)