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
Please do not disturb unless it is really important.

I am busy but you can disturb me.

I am here if you need me.

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