INSTRUCTIONS

1
*Print the cards
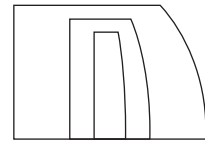on a color printer*

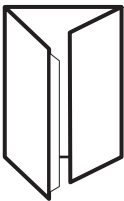### 2
*Cut the cards along
the solid lines*

3
*Cut the right slot
depending on the
thickness of your
monitor and adjust
it as you see fit.*

4
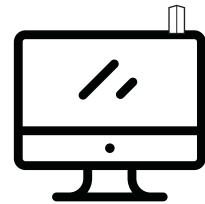*Fold the cards along
the dotted lines*

5
*Glue or tape it
together*

GLUE

6
*Place it on your
monitor and change
card as needed.*

RED LIGHT

Please do not disturb unless it is really important

For more ways to focus visit: NirAndFar.com/Focus

RED LIGHT

YELLOW LIGHT

I am busy but you can disturb me

For more ways to focus visit: NirAndFar.com/Focus

YELLOW LIGHT

GREEN LIGHT

I am here if you need me

For more ways to focus visit: NirAndFar.com/Focus

GREEN LIGHT