

Group Cards

After you have selected the cards you wish to focus on, spread them out on a table (these were your YES pile). Put them together in groups that you feel belong together.

- There is no right or wrong about this. Go with your instincts.
- For example, you may put all the physical activity cards you have chosen together and keep them separate from your reading or your hobbies or your work. OR you may choose to put your physical activity cards, your reading cards and your hobby cards together as a group of things you like to do on your own. Both are right, no choice is wrong.

If any group feels too large, I suggest you split it further into sub groups.

- You are creating general themes for your focus.

Look again at your “Maybe’s”.

- Decide which to keep and which to discard.
- Add the keepers to the groups it feels right to put them in. Again, no right or wrong to this.

You will be seeing patterns and themes emerging.

Another way of grouping the cards is to use the category language in orange at the bottom of each card. They fall into six main categories: *Achievement*, *Engagement*, *Enjoyment*, *Meaning*, *Relationships*, & *Earning*:

- *Achievement*: activities that feel difficult and challenging and give you a sense of achievement as you do them or when complete.
- *Engagement*: activities that totally capture your mind. You disappear into a state of “flow” when fully engaged in them. You lose track of time.
- *Enjoyment*: activities that give you pleasure and are fun to do.
- *Meaning*: activities that feel meaningful and purposeful. They are often of value to you spiritually and emotionally or of value to others.
- *Relationships*: activities that involve others, whether they are family, friends or work colleagues.
- *Earning*: activities that bring in some form of income.

I have made an attempt to categorise all of the options under these headings but you can probably see that they will often include different things for different people. This is why choosing your own groupings and labels may be a better fit for you.

Find more tools and resources on www.futurefocusplan.com

