

Label Groups

Once you have selected your cards for focus and grouped them however it feels best for you, look through the orange header cards. (They are orange on both sides and have a header such as STIMULATION or TIME FOR ME on them.)

Choose header cards that best describe each group you have made.

- You do not have to use all the headers. Choose only those that mean something to you.

Did you choose more than one label for each group?

EITHER:

- Choose the one that best suits each group.

OR:

- Split the group again under the two or three headers you have chosen.

Reduce each group to a maximum of one to two headers where possible. These are your themes and your likely priorities. Reflect on the language you have chosen.

Next step, you are encouraged to reflect on the insights you gain by seeing your priorities laid out like that.

If you chose earlier to group by the category language in orange at the bottom of each card (see notes on Group Cards), you may now wish to add other header cards that are meaningful to you for each group. This is totally optional.

Find more tools and resources on www.futurefocusplan.com

