

Select Focus

When you open the boxes of Future Focus you will see a few instruction cards, a large number of cards which are white on one side and orange on the other and a smaller number of cards which are orange on both sides and very little written on them. Separate the cards into those three piles before you start.

The white cards fall into six main categories: *Achievement, Engagement, Enjoyment, Meaning, Relationships, & Earning*. You will see the category written in orange on the bottom of each white card.

Note: the pack also includes 20 header cards (orange on both sides). These provide ways you can choose to describe your selected groups and are used when you label your groups.

Decide how far ahead you are thinking when you think “future”: are you just looking for ideas for the coming weekend; or for the next 1-3 months; or the next 1-5 years; or even further out?

Consider each white card (use both boxes of cards) and ask: “Do I want (or need) this to be a focus of my future?”

- You can be as realistic or as idealistic as you wish at this stage.
- Have fun.
- Choose whatever you want.

You are looking for these things when selecting cards:

- Things that you are already doing and enjoy doing.
- Things that you are not doing but would love to be doing.
- Things that you may have to remember to do.

Decide YES or NO each time you view a card and make a pile for each.

- If you end up with a “Maybe” pile, it will be looked at later.

Put away all the NO cards for now back into the boxes and move on to the step described in Group cards.

Find more tools and resources on www.futurefocusplan.com

