

Seeking Insights (after grouping) – ask yourself:

1. At first glance, taking a helicopter view from high above, what is this telling me? Can I explain it out loud?
2. Which are the largest groups I have chosen? What does that mean?
3. Which groups do I want to prioritise?
4. Which individual cards do I want to prioritise?
5. Which groups seem to have become more important than I previously thought? Less important than previously thought?
6. What issues is this highlighting for me?
7. What new thinking is this highlighting for me?
8. What surprises me about my choices and the grouped overview?
9. How have I been spending my time? How do I want to spend it from now on?
10. If there are no “quantity” differences between how I have been spending my time and how I wish to spend it in future, are there any “quality” differences?
11. How would it make a difference to me to be living my Future Focus?
12. How would it make a difference to me if I just achieved some progress towards my Future Focus?
13. What is one thing I could do to move towards my Future Focus? How can I make sure that I will actually do that one thing? What needs to change to make that happen?
14. If I am to move towards my Future Focus, is there anything that I:
 - a. Need to do?
 - b. Would like to do?
 - c. Can give myself permission to do?
15. Choose one or two focus areas and create opportunities to try out a new behaviour or way of being. Ask yourself: What’s the smallest thing I can do that will make the biggest difference?
16. Choose one card or focus area and “brainstorm” all the possibilities within that. Then choose your favourite and start there.

Find more tools and resources on www.futurefocusplan.com

