

Fast FoooDo

What would you like to Focus on?
What specifically do you need to achieve /change?
What date do you need this goal to be completed / started by?
What is the relative importance of achieving this, on a scale of 1-10?
What would a successful outcome look / feel like?
How will you measure the success of this goal being achieved?
How achievable is this goal, on a scale of 1-10?

FOCUS

What tasks / things could you consider as possible options to help achieve this goal?
What resources might possibly be of use to you?
What other options might be useful for you to consider?
What obstacles might possibly block or slow your progress?
What possible risks might be there be?
What assumptions might you be making about achieving this goal?

OPTIONS

Who might be affected by the outcome of your goal?
What possible reasons might there be for getting other people involved?
Who could be either helpful or unhelpful to you in relation to your goal?
Who could you possibly ask for support / help?
How might you possibly influence other people to get involved or be supportive?
How might you involve people that you would usually avoid involving?

OTHERS

What obstacles, risks and assumptions will need addressing as priorities?
How will you overcome these or minimise their impact?
Who can help you with those that remain?
How will you get help / support from them?
Which priorities will be the easiest to implement and have the greatest impact?
What will you do first?
When will you do it by?

ORGANISE

How will you review your progress and performance?
How will you apply learning from the process of achieving your goal?
On a scale of 1 - 10, how confident are you now about achieving this goal?
On a scale of 1 - 10, how important is this goal to you now?

DELIVER

What excuses are you likely to use for not making progress?
How will you avoid using excuses?
Are you prepared to take ownership for your goal?
How will you celebrate your success?

OWNERSHIP

THINKINGFOCUS