

AREAS-OF-FOCUS <

Step 1: Choose a Focus Topic		Step 2: Reflect Upon The Innovation Question
Overall 	Top Priorities	What urgent and important priorities do I need to accomplish that cannot be postponed ?
	Values	What are my top values - and how can I better align my life with what I value the most ?
	Goals	What top 3 goals do I want to achieve within the near future to feel a sense of accomplishment ?
	Overcoming Challenges	What are my current challenges - and what steps shall I take to overcome them ?
	Habit Improvements	What new- and existing habits do I need to focus on to improve the overall quality of my life ?
Innovation 	New Ideas	What creative ideas will help improve the overall quality of my life - and the lives of my loved ones ?
	Quantum Thinking	What would a wise person do in my situation to overcome existing challenges and boost the quality of my life?
	Creative Problem Solving	What areas in my life need a positive boost? - And what creative solutions will help me to improve?
Health - Body 	Energy, Focus, and Productivity	What enhancements will grow my level of energy and focus to improve my productivity and quality of life?
	Exercise	What gradual changes will enable me to improve my exercise and health routines? (or to start one...)
	Health Improvement	What shall I start doing - or stop doing - to improve my health? - What steps can I take within the next 48 hours?
	Healthy Environment	What improvements in my living environment will promote a better health?
	Food, Nutrition, and Hydration	How can I improve the quality of my nutrition and hydration to boost my health and sense of well being ?
Health - Mind & Soul 	Happiness	What do I believe stands between me and complete happiness? - What steps can I take to bridge the gap?
	Sense of Meaning & Purpose	What gives true meaning to my life - and what steps will help align my life with a deeper sense of purpose?
	Emotional Balance	What can I start doing - or shall stop doing - to strengthen my emotional balance ?
	Sense of Accomplishment	What new thinking patterns and attitude will help evolve my self-esteem and sense of accomplishment?
	Spiritual growth	What improvements will help me grow spiritually and to reach a heightened state of awareness?

AREAS-OF-FOCUS <

Step 1: Choose a Focus Topic		Step 2: Reflect Upon The Innovation Question
Family & Loved Ones 	Helping & nurturing loved ones	What opportunities exist to help improve the lives of my loved ones ?
	Deepening relationships	What shall I start-doing (or stop doing) to help deepen my relationships to my friends and loved ones ?
	Self-improvements	How can I improve myself to benefit my loved ones ?
	Overcome issues	What relationship challenges exist? - And what opportunities exist to overcome them?
Growth 	Strengthen Values	What main values do I choose to nurture within the next few days - and what goals align with these values?
	Personal Growth / Overcoming Flaws	What changes shall I make to overcome any personal flaws and maximize my potential?
	Nurturing passions	What goals and activities motivate and excite me these days ? - What can I do to nurture these passions ?
	Productivity	What creative ideas will boost my ability to achieve more in a shorter amount of time ?
Career / Business 	Career / Business Opportunities	What tangible career or business opportunities exist ? - What steps shall I take to make a lot of progress ?
	Innovation	What creative problem solving opportunities exist to grow my business/career and ability to achieve more?
	Immediate areas of improvement	What areas within my profession need immediate attention - and what steps shall I take to improve ?
	Open Issues To Resolve	Among the list of professional challenges that I face, which open issues shall I focus on first and foremost ?
	Overcoming Threats	What tangible threats am I aware of - and what are the essential steps to define, analyze, and mitigate them ?
Finance 	New income options	What immediate-, near-term, and long-term income generating opportunities exist ? Which shall I pursue ?
	Growing existing income	What are my options to incrementally grow my existing source(s) of income within the next few weeks ?
	Budgeting & Savings	How can I reduce expenses to maximize my savings?
	Personal investments to improve	What areas of my life will benefit from investing money into to grow my long-term income and productivity?
	Success Factors	What success factors will help grow my income while minimizing expenses? What will be my first steps?

