The Systems Course: Focus Finding

What responsibilities in your life or work feel overwhelming or chaotic?
What causes you the most stress or consumes more time than it should?

How does that chaos negatively affect you on a daily basis?
Where do you notice the consequences? Examples could be waning motivation, strained relationships, poor health, etc.

From the responsibilities you identified above (in question #1), which one feels most *important* to improve?
Choose only one based on importance and no other criteria.

From the responsibilities you identified above (in question #1), which one feels most *urgent* to improve?
Choose only one based on urgency and no other criteria.

If you could only choose one of these to focus on right now, which would you choose?
From the two answers you just selected, which one are you most naturally motivated to work on right now?

What is the biggest benefit you'll get by improving this one problem?
What is the reward you will receive once you fix this problem? Identifying this will help maintain motivation.

How will you know that you've made meaningful progress towards solving the problem?
What concrete results would let you know that you've succeeded. Focus on results that can be measured and that you're in control of.