

# N.O.T.I.C.E. FRAMEWORK™

## Innovation through Questions and Experimenting

**UNLOCK YOUR TEAM'S POTENTIAL BY NOTICING WITH INTENTION AND BUILDING POWERFUL HABITS.**

Developing innovative thinking starts with noticing and acting intentionally. This guide combines the N.O.T.I.C.E. framework with weekly habit challenges to build observation skills that inspire breakthrough ideas.

# N



### NARROW FOCUS

Focus on one task or person fully to observe more deeply.

# O



### OBSERVE ACTIVELY

Pay close attention to subtle details; look for patterns.

# T



### TUNE IN COMPLETELY

Engage fully by listening and removing distractions.

# I



### INSPIRE CURIOSITY

Ask open-ended questions and wonder 'what if?'

# C



### CEASE MULTITASKING

Commit to focusing on one thing at a time to gain clarity.

# E



### ENGAGE IN REFLECTION

Reflect on what you noticed and get feedback to deepen insights.

## POWERFUL QUESTIONS

- What is the one thing that truly matters in this moment? Is my attention aligned with it?
- What distraction can I eliminate right now to give this my full attention?
- Am I focused on outcomes or distractions?

- What patterns, details, or shifts do I notice in this situation?
- Who or what is being overlooked in this situation?
- Are there unspoken concerns or barriers that may be impacting our conversation or progress?

- Am I fully present in this conversation or situation? If not, why?
- What is the speaker really trying to say, beyond their words?
- What emotions or needs are behind what is being shared?

- What assumptions am I making here?
- What would a different perspective reveal about this situation?
- What would happen if I approached this differently?
- What possibilities haven't been explored yet?

- What could I learn or achieve by focusing on just one thing right now?
- How is multitasking limiting my ability to truly notice and connect?
- How can I show my commitment to being fully present?

- What stood out to me today, and why does it matter?
- What feedback or perspective could help me see this situation more clearly?
- What am I learning about myself or others from today's interactions?
- How can I use today's insights to make tomorrow more impactful?

# INNOVATION HABIT TRACKER <sup>TM</sup>

This habit tracker provides weekly challenges designed to help you apply the N.O.T.I.C.E. framework and strengthen your ability to notice, reflect, and innovate. Each week, focus on a specific goal and record your observations to deepen your skills and inspire breakthrough ideas.

WEEK	ACTIONS	INSIGHTS
<b>Challenge an Assumption</b> <input type="checkbox"/> Identify one assumption you or your team holds and question its validity.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Notice One Detail During a Team Meeting or 1-1 conversation</b> <input type="checkbox"/> Observe body language, tone, or any new pattern in team dynamics or an individual's unspoken words.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Ask a Team Member for Their Observations</b> <input type="checkbox"/> Engage with someone by asking what they've noticed about a process or project.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Have One New Idea Conversation</b> <input type="checkbox"/> Discuss a fresh idea or approach with a colleague, encouraging open exploration.	<input type="checkbox"/>	<input type="checkbox"/>

## Reflect & Refine: Insights from Noticing

*"Notice the small things. The rewards are inversely proportional."*



*-Liz Vassey*

- What was the most surprising insight you gained this month?
- How has your perspective shifted by consistently practicing noticing?
- What new opportunities have you identified by observing more intentionally?

*Stacy McCracken*

IMPACT AND LEAD

Schedule a meeting.

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After rotating through weeks 1-4, choose a question from the "Powerful Questions" section as the weekly goal. Keep practicing!