

Your primary Question process.

1. **Discover your primary question.** What do you consistently focus on? What question do you ask yourself frequently based on this focus?

These questions will help check if you've got the right question. It must satisfy them.

You ask it in many areas of your life.

You believe that by fulfilling this question it will lead you to the life you truly want.

You believe that if you DON'T live by this question your life will amount to nothing. Life will not be worth living.

Your identity may be tied to the question. That is by fulfilling your question, you believe it defines the sort of person you are.

2. What do you feel are the **positive outcomes of focussing on this question**? What are you grateful as a result of this question. What's great about this question? How has it served you?

3. What's not so great about this question? What are the **NEGATIVE OUTCOMES** of this question?

4. What is it that you've **REALLY** been looking for in your primary question? What do you need to give yourself that you've been pursuing thru your primary question?

5. What **your new primary question** that would allow you to keep the benefits of your old primary question but also give you what you really need? Use a presupposition that you have already achieved it.

For example: My primary question was “**How can I improve this?**” My new one is “**How can appreciate this moment even more and add value to it**”

Some examples of old primary questions.

How can I make this better?

How can I improve this?

How can I protect myself?

How can I go to the next level?

How can I get people to like me?

How can I be accepted?

How can I not make a mistake?

Am I good enough?

What if I fail?

What if I get sick?

Why is this happening to me?

How can I be more grateful?

How can I let go?

What am I going to do with my while life?

Why am I here?

HOW can I get number one?

HOW do I make an adventure from this?

How can I make everyone happy?

How can I get the approval of everyone?

Am I doing the right thing?