
Questions to Stimulate Thinking About Your Primary Aim

Question yourself, then question your answers.

The following list of questions can stimulate your thinking and put you in the right frame of mind for working on your Primary Aim. Take time to think about your answers. There are, of course, no right or wrong answers, just answers that are true for you. Some of the questions are easy some are difficult; and some may cause you to rethink your most basic values and attitudes. Most importantly, be honest with yourself.

In this preliminary section, don't force yourself to answer every question. Pick the ones that catch your eye and provoke strong emotions in you. As you go through the Primary Aim Discovery Process, refer back to these initial thoughts to remind you of the things that make you feel truly passionate and inspired about life.

For: **Your Name**

- What do you want your life to look and feel like?
- What do you value most? What's important to you?
- What matters most at this point in your life?
- What would you like to be able to say about your life after it's too late to do anything about it?
- Many years from now, at your funeral, what do you hope will be said about you in your eulogy?
- How do you want your life to feel on a day-to-day basis?
- What would you like people's perceptions of you to be?
- What are your daydreams about?
- When you were young, what did you want to be when you grew up?
- Do you ever find yourself wishing you were different? What do you wish? Why aren't you that way? What gets in your way?

- Of all the things you have done in your life, what has given you the most satisfaction or pleasure?
- Of all the things you have done in your life, what has given you the least satisfaction or pleasure?
- If you no longer had to work, how would you spend your time? And with whom?
- What is missing from your life? When you find yourself wishing for something, what is it?
- What motivates you to perform above and beyond the call of duty?
- What are your greatest strengths?
- What are your greatest weaknesses?
- What do you want to achieve, but you find it impossible to do? What barriers make it impossible? Think again, are those barriers really insurmountable?

Primary Aim Worksheet First Step: What DON'T You Want in Your Life?

1 Using the spaces below, list everything that causes you anger, stress, frustration, fear, hatred, embarrassment, or displeasure – whatever it is that you do not want in your life. Don't think too much about it, just write as many as you can think of.

For: **Your Name**

2 Now go back over your list, thinking carefully about each item. Notice your feelings, your sense of importance about each one. Select the few items, no more than 5 or 6, that are the most important *not* to have in your life. Place an asterisk after each item you select to identify it.

Primary Aim Worksheet Second Step: What DO You Want in Your Life?

1 As before, using the space below, list everything that you do want in your life. Look at what your deepest *don't-wants* tell you about what you really do want. Focus on what makes you feel happy, fulfilled, satisfied, energized, motivated, and purposeful. Avoid the superficial and the material, focusing on the deeply satisfying, profoundly rewarding life experiences. Again, don't think too much about it, just write as many as you can.

For: **Your Name**

2 As before, go back over your list, thinking carefully about each item. Again, notice your feelings, your sense of importance about each one. Select the few items, no more than 5 or 6, that are the most and rank them from the most important to the least important. Indicate the most important items with asterisks. Then place a number in front of each selected item to indicate its priority.

Primary Aim Worksheet Third Step: What Are Your Priorities and What's in Your Way?

In order of importance, list the elements you want in your life. Think carefully about each of them, and write down what, if anything, is keeping you from them. Always give special thought to self-imposed limitations.

For: **Your Name**

Important things you want in life:	Barriers and Limitations:	Barrier-Breakers/ Solutions

Primary Aim Worksheet Fourth Step: Write Your Own Eulogy

Years from now, after a happy and fulfilling life, you are given the opportunity to write the eulogy that will be given at your memorial service. Assuming you have the life you want from this point onward, what will your eulogy say?

Looking back on the life of: Your Name

Primary Aim Worksheet Fifth Step: Your Primary Aim

Write a very short statement – a phrase, a sentence, no more than a couple of sentences – expressing the essence of what you want your life to be all about. The acid test for your Primary Aim statement is your internal barometer. When you read it you should feel energized, enthusiastic, committed, a sense of, “Yes! This is me!” If not, you haven’t gotten it. Keep trying.

For: **Your Name**

The essence of my Primary Aim is: