

YOUR PRIMARY AIM WORKSHEET

Questions to Stimulate Thinking About Your Primary Aim

Question yourself. Then question your answers.

The following list of questions can be helpful for stimulating your thoughts and putting 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 questions have easy, instant answers; some questions have difficult answers that can take a great deal of thought; and some questions can cause you to rethink your most basic values and attitudes. Most importantly, be honest with yourself.

- 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?

First Step – What you DON'T Want in Your Life?

1 Using the blank spaces below, list everything you can think of that causes you anger, stress, frustration, fear, hatred, embarrassment, dissatisfaction – 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.

2 Now go back over your list, thinking carefully about each item. Notice your feelings, your sense of importance about each one. Circle the few items, no more than 5 or 6, that are the most important *not* to have in your life. [If using electronically, place an asterisk in front of the item instead of circling]

Second Step – What you DO Want in Your Life?

1 As before, using the blank spaces below, list everything you can think of 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 happy, fulfilled, satisfied, and what gets you energized, motivated, and purposeful. Avoid the superficial and the material and go for the deeply satisfying, profoundly rewarding life experiences. Again, don't think too much about it, just write as many as you can.

2 As before, go back over your list, thinking carefully about each item. Again, notice your feelings, your sense of importance about each one. Circle the few items, no more than 5 or 6, that are the most important for you to have in your life. Look over those items and rank them from the most important to the least important. [If using electronically, place a number in front of the item instead of circling.]

Third Step – What Are Your Priorities, and What's in Your Way?

Now, write down the most important items (the ones you circled or if using electronically, place a number in front of the item.) from the list of what you want in your life. Write them in order of importance. Think carefully about each of them, and write down what, if anything, is keeping you from having them. Think especially hard about self-imposed limitations.

Important things you want in life

Barriers and limitations

Fourth Step – Write Your Own Eulogy

Years and 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 about your life?

Looking back on the life of...

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 write it, you should feel energy, enthusiasm, commitment, a sense of, “Yes! This is me!” If not, you haven’t gotten it. Keep trying.

The essence of my Primary Aim is...

Personal Objectives Worksheet

Component	In 6 Months	By Next Year	In 5 Years	In 10 Years
Annual Income				
Professional Growth				
Education and Personal Development				
Family and Relationships				
Hobbies, Pastimes				
Travel, Leisure				
Retirement				
Major Purchases				