

Inside Out Primary Question Development

Respond to the questions below.

1. Can you identify a CORE memory that has fueled this question? Try. Explain your memory here.

2. What are the up and downsides of your primary question? Identify both. What does this question make you aware of or do?

Upside	Downside

3. What human needs (Maslow or Robbins) were you trying to fulfill with your Primary Question? *ex. certainty, variety, significance, connection, growth, contribution.*

4. Brainstorm a new question that would give you what you NEED, but at the same time, allow you to preserve the initial positive intent behind your OLD primary question?

CRITERIA:

1. It must meet your need identified in question 3.
2. It must put YOU in charge of your success.
3. It must empower you NOW.
4. It must have a solution in the answer. *Ex. What can I do to make people like me? Need = Connection, turns to: How can I appreciate my connectedness with others?*