A woman with blonde hair, wearing a white button-down shirt, is shown from the chest up, looking upwards and to the left. Her eyes are closed, and her expression is serene. The background is a solid teal color. The text 'YOUR PRIMARY QUESTION' is overlaid in large, white, serif font, centered over the woman's torso.

YOUR PRIMARY QUESTION

Transform Your Question, **Transform Your Life**



LET'S START WITH AN EXERCISE

The road of life meditation.

TAKE A MOMENT TO FIND A COMFORTABLE POSITION, EITHER SEATED OR LYING DOWN. LET YOUR BODY RELAX, AND TAKE A DEEP, CLEANSING BREATH IN THROUGH YOUR NOSE—AND GENTLY EXHALE THROUGH YOUR MOUTH.

Imagine you're standing at the edge of a quiet, winding path. The air around you is still, and you can feel the breeze on your skin. This is your road of life, stretching out before you.

With every step you take along this path, you feel lighter, more peaceful, more open to what's ahead. Take a few more breaths and allow yourself to begin this journey.

As you walk, I invite you to recall a time in your life when you **wanted something deeply**. Something you felt you had to have. Maybe it was a **dream job, an opportunity**, or a **relationship** you were sure was meant to be.

What was that thing?





On the road of life, picture that thing as a bright red door, shining vividly against the landscape of your life.

This red door was yours. You **planned** and **worked** tirelessly to reach it. You **researched**, **strategized**, and did everything you thought was right. **You were ready**. See that red door right in front of you and remember how much you wanted to step through.

You reached for the handle with all the confidence and hope in the world—but the **handle wouldn't budge**. The door was **stuck**, **immovable**, and no matter how hard you pushed, pulled, or rattled the handle, it **refused to open**.

Take a moment to remember what that felt like. The frustration, the disbelief. **You had done everything right**. You might have kicked at the door, pleaded with it, or even blamed yourself that you couldn't open it.



You were **stuck**. When others depend on you, being stuck can feel overwhelming. But even in your overwhelm, in your frustration, you found a moment of stillness. And that's when **something shifted**.

You knew you couldn't stay there. **You had to find another way**. So, you turned. Slowly, you pivoted your gaze, 40 degrees, then 80, and then... 120 degrees. And there it was.

A golden-yellow door, wide open, glowing with possibility. The kind of door you'd never noticed before.

Perhaps you'd never even **believed** a door like this could exist. It was nothing like the red doors you'd been taught to chase. **But this door called to you**.

Walk toward it now in your mind. Feel its warmth and see how it's light sparkles, inviting you to step through. On the other side of this yellow door is something unexpected. **Something wonderful**.

Maybe it's a **new opportunity**, a **mentor** who sees your unique strengths, a supportive **community** that lifts you, or a version of yourself more **aligned** with who you truly are. Take a moment to notice how this space feels. **What do you see? Who or what is waiting for you there?**

Now, think back to that **stuck red door**. That moment when you thought all was lost. **What was it that helped you make the turn?** Was it a story someone shared, a stranger's kind words, or a memory that sparked a new idea? Perhaps it was a fleeting moment—a trail angel—guiding you, even if just for a second.

Who or what was that for you?

Reflect for a moment. As you stand here, looking back at the stuck red door, reflecting on the moment of stillness that guided you to turn, and the golden-yellow door, you might ask yourself: **How much of my journey has been about planning?** Yes, you planned and prepared. But some of the most beautiful and profound moments came not from control, **but from openness**. From being in conversation with life itself. **From that surrender. From trusting something greater.**

And so, I invite you to wonder:

Where is your higher power on this road of life? Is it in the stuck red door that taught you to pivot? Is it in the trail angel who whispered wisdom just when you needed it? Is it in the golden-yellow door, wide open and full of gifts you never expected?

Or is it in all of these things, woven through your journey, always walking beside you?

Your road may feel steep at times, with twists and turns you didn't anticipate. But perhaps you've been on a spiritual path all along—discovering rather than making, opening rather than forcing.



You are not alone on this road. You are deeply connected to something greater, something that is guiding and sustaining you.

When you're ready, take a deep breath and return to the present moment. Wiggle your fingers and toes, and feel the solid ground beneath you.

Carry with you the wisdom of this reflection, and know that this coming year, **you are being guided to the golden-yellow door.**

Open your eyes when you're ready and come back into the room.

A photograph of a yellow door set in a dark blue wooden wall. To the right of the door is a small lantern with a glowing light. The door has a concrete step leading up to it. The background is a solid yellow color with some light rays.

NOW LET'S
START LOOKING
for THE YELLOW
DOOR.

WHAT DETERMINES THE STATE OF OUR LIVES?

OUR BELIEFS; THOUGHTS THAT WE THINK OVER AND OVER AGAIN.

WHAT IS THINKING? A PROCESS OF ASKING AND ANSWERING QUESTIONS.

SOME THOUGHTS ARE MORE DOMINANT THAN OTHERS.

1 IN PARTICULAR DOMINATES ALL OTHERS.

FIND IT.
RE-WRITE IT.

WHAT QUESTIONS ARE YOU ASKING?

What can I learn
from this?

What am I not
seeing in this
situation?

Why am I not
loved the way
that I am?

What is wrong
with me?

How can I serve
others with my
talents?

Why did this
happen to me?

TEACHING POINT 1

**THE QUESTIONS
WE'RE ASKING,
ARE THE
QUESTIONS THAT
OUR MIND
PRIORITIZES AND
WANTS TO
ANSWER.**

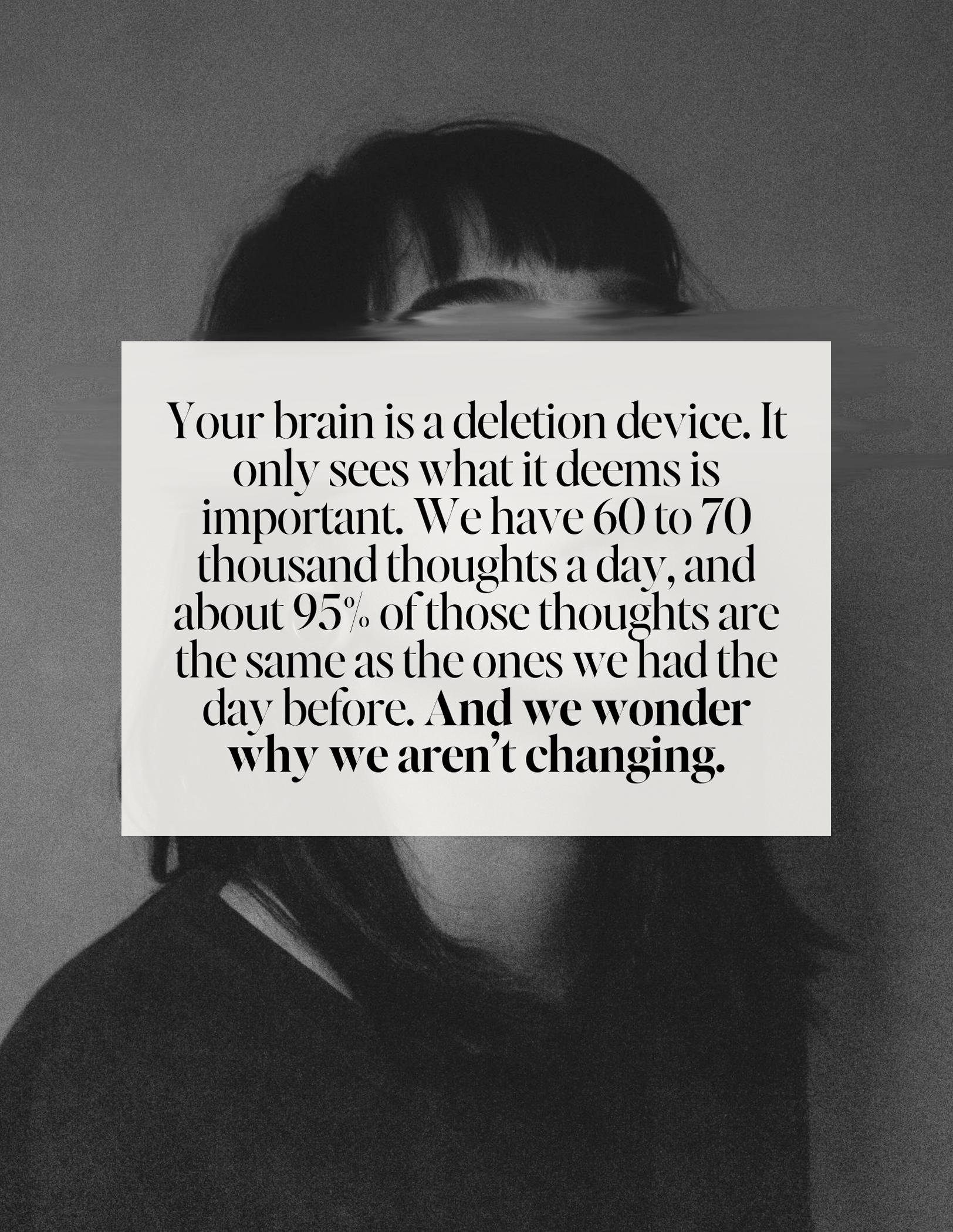
THE RETICULAR ACTIVATING SYSTEM

You decide to buy a certain make and model of a car, in a certain colour.

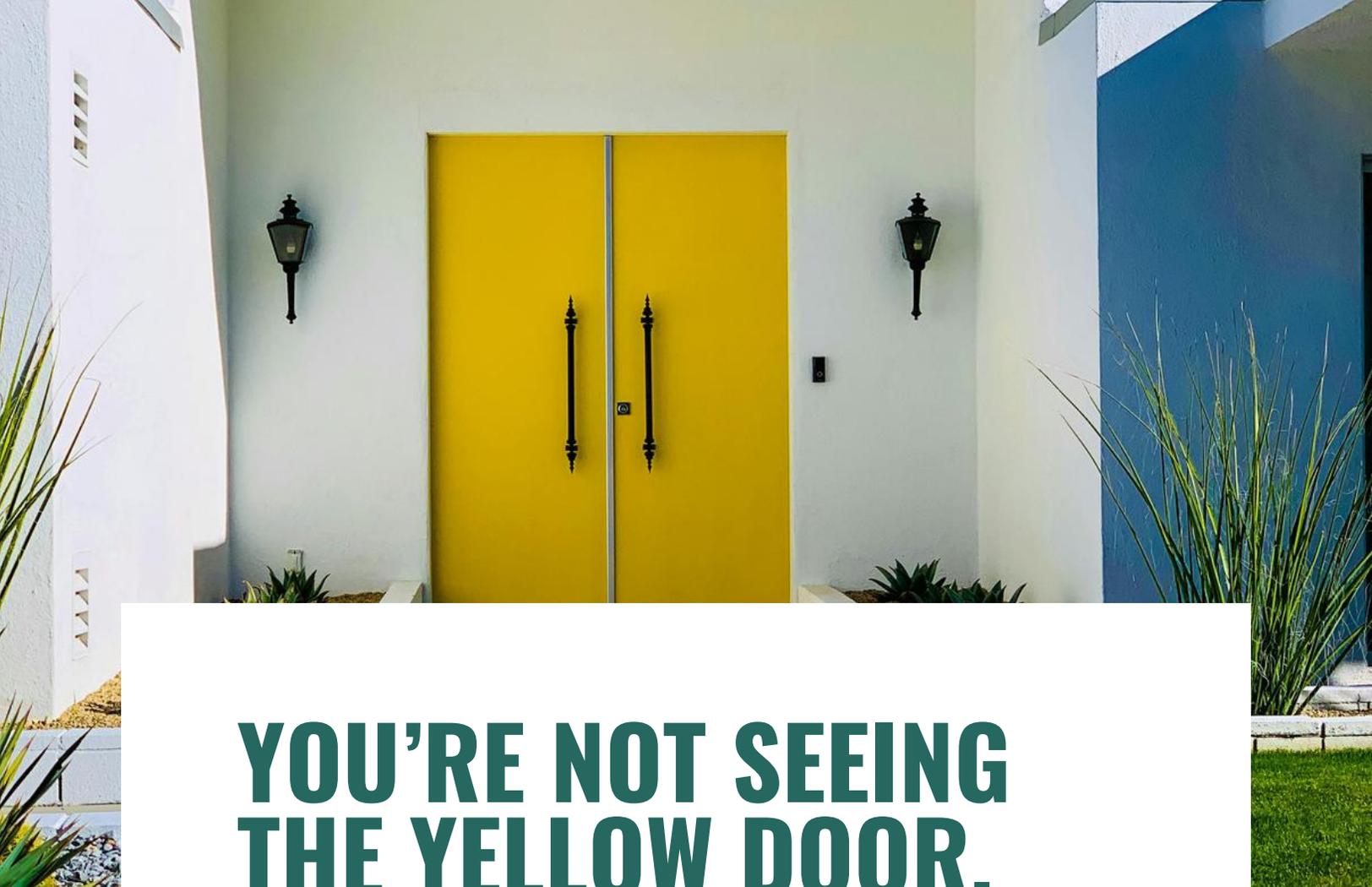
Then, you start noticing it everywhere, parked outside, on TV, you name it. This isn't a coincidence but the RAS at work

IT'S JOB IS TO FOCUS YOUR ATTENTION ON WHAT'S IMPORTANT.

How does it know what's important? What you're thinking about. It's aligned with your current goals.



Your brain is a deletion device. It only sees what it deems is important. We have 60 to 70 thousand thoughts a day, and about 95% of those thoughts are the same as the ones we had the day before. And we wonder why we aren't changing.



YOU'RE NOT SEEING THE YELLOW DOOR.

It's showing up in your life **constantly**, but because you grew up with red doors all of your life, and you focus on the red doors, you **don't see the yellow ones.**

Answers are always in front of you, in books, in people, in opportunities.

But because you're not asking the right questions, those answers that are showing up in life - **your brain deems irrelevant.**

what if this was your primary question?

FEAR OF
REJECTION

SELF-WORTH
TIED TO
OTHERS

*How can I
make them
like me?*

FEAR OF
CONFLICT

PEOPLE-
PLEASING
TENDENCIES

OVERTHINKING
AND SECOND
GUESSING

Where's the value here? Primary questions have positive motivations.

- 1 Empathy:** They are highly attuned to the emotions and needs of others, often making them compassionate and understanding individuals.
- 2 Social Awareness:** They excel at reading social cues and adapting to different environments to foster connection.
- 3 Diplomacy:** Their desire for likability often leads to being skilled peacemakers, adept at resolving conflicts and maintaining harmony.
- 4 Generosity:** They may go out of their way to help others or contribute positively to relationships.



How might *a question like that* shape their life?



THEY MIGHT MAKE DECISIONS BASED ON WHAT THEY THINK OTHERS WANT, RATHER THAN WHAT ALIGNS WITH THEIR TRUE DESIRES.



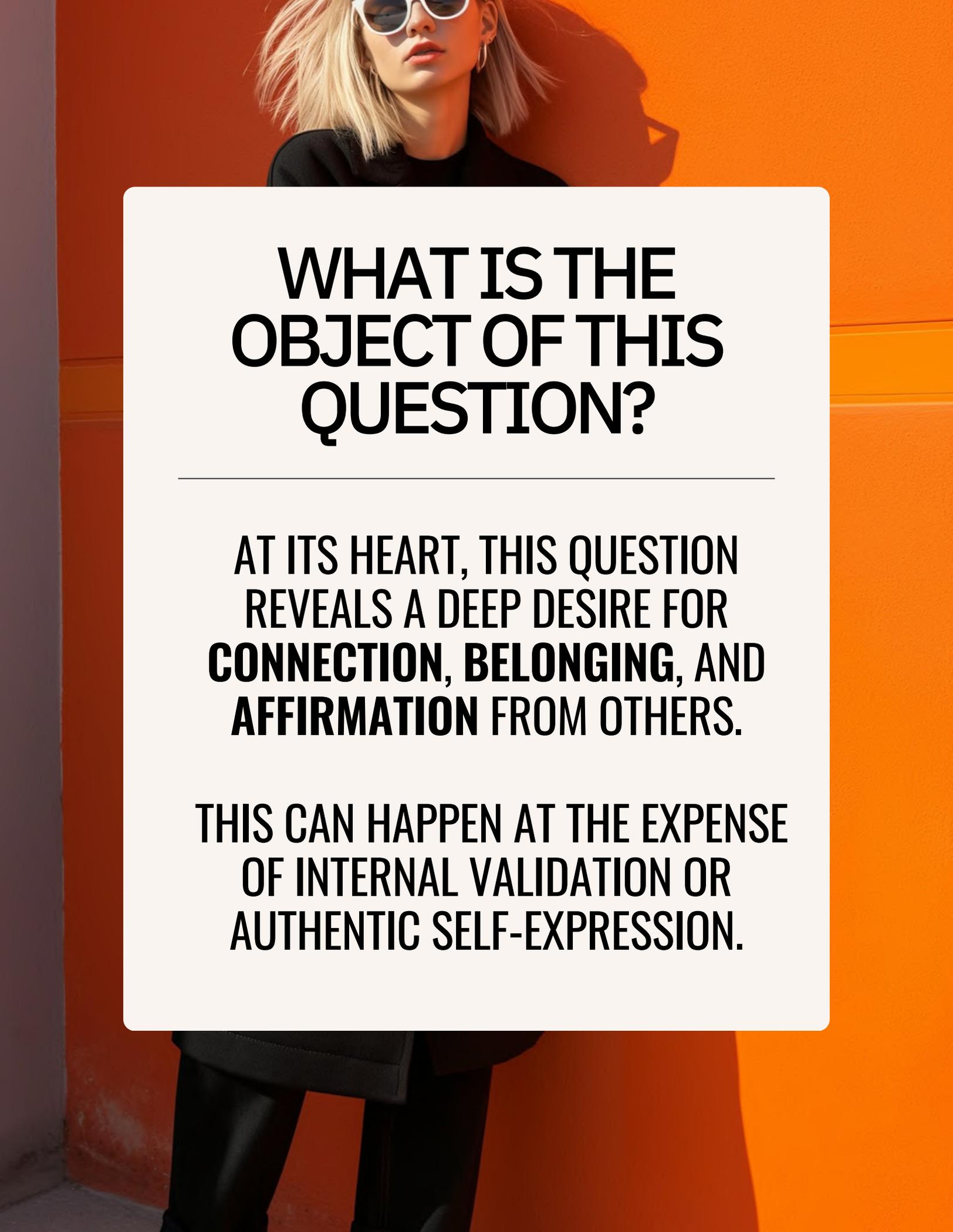
THEY COULD INVEST ENERGY INTO MAINTAINING APPEARANCES OR RELATIONSHIPS THAT AREN'T NECESSARILY HEALTHY OR FULFILLING.



OVER TIME, THIS QUESTION CAN LEAD TO BURNOUT OR RESENTMENT IF THEIR OWN NEEDS AND DESIRES ARE CONTINUALLY NEGLECTED.



THIS PERSON MIGHT GRAVITATE TOWARD ROLES THAT PROVIDE EXTERNAL VALIDATION, SUCH AS CUSTOMER SERVICE, SALES, OR PUBLIC-FACING POSITIONS.



WHAT IS THE OBJECT OF THIS QUESTION?

AT ITS HEART, THIS QUESTION
REVEALS A DEEP DESIRE FOR
**CONNECTION, BELONGING, AND
AFFIRMATION** FROM OTHERS.

THIS CAN HAPPEN AT THE EXPENSE
OF INTERNAL VALIDATION OR
AUTHENTIC SELF-EXPRESSION.



NOW IT'S TIME TO RERITE THE QUESTION IN A HEALTHY AND EMPOWERING WAY.

How can I show up as my authentic self to create meaningful and genuine connections?

This shifts the focus from seeking **external validation** to embracing **self-acceptance** and cultivating relationships based on **authenticity** and **mutual respect**. It empowers the person to value their own worth while still fostering connection with others.

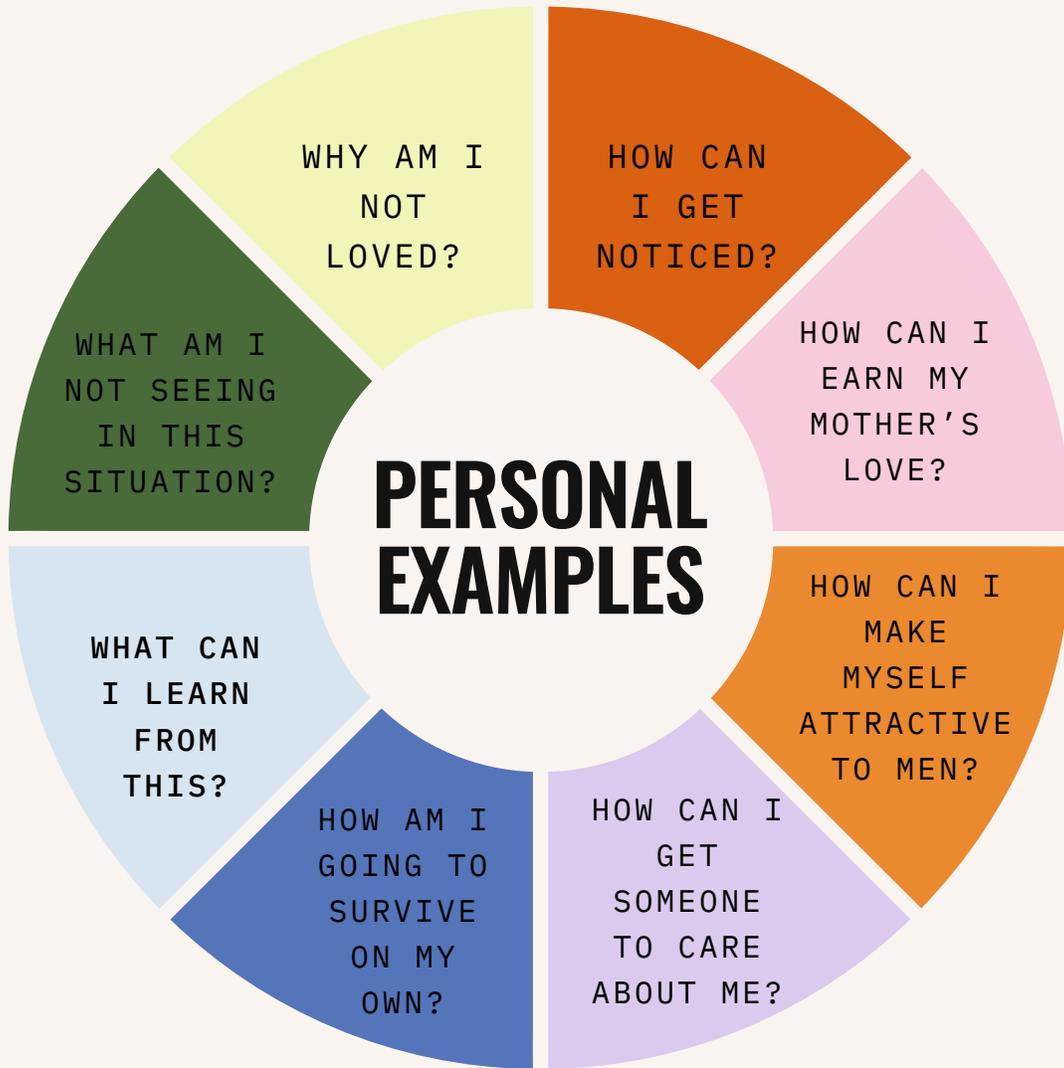
HOW WOULD YOU IMAGINE THIS PERSON SHOWS UP IN LIFE?





I THINK WE CAN DO BETTER

How can I deepen
the meaningful
connections I
already have and
inspire even greater
authenticity in my
relationships?



What are some of your examples?

A white folding chair is positioned on a tennis court. The court surface is a mix of light and dark brown, suggesting a clay or hard court. Several tennis balls are scattered around the chair: one yellow ball is in the bottom left, one orange ball is in the bottom center, one orange ball is in the bottom right, one orange ball is on the left side, one orange ball is on the right side, and one orange ball is in the upper right background. The text is overlaid on the chair and the court surface.

NOW LET'S
find your
PRIMARY
QUESTION

How *to* Do It:



1. WHAT IS YOUR PRIMARY QUESTION?

What is it you **focus** on most these days? Something is guiding this focus. What question are you asking most often that drives your behaviour?



2. WHAT ARE THE BELIEFS BEHIND IT?

We do things because of our beliefs of the consequences from doing or not doing it in order to receive the object of the question. Something in you associates massive pleasure or massive pain behind one of these consequences.



3. WHAT IS THE REFERENCE DRIVING IT?

You must have had a significant event that served as a reference, making you adopt this belief. When something significant happens, your physiology (your body) gets anchored to that experience. (remember Peter Levine's somatic experiencing work)

OLD

NEW

1. HOW CAN I TAKE CARE OF MYSELF?

1. HOW CAN I APPRECIATE MYSELF MORE IN THIS MOMENT?

2. WHAT ARE THEY THINKING ABOUT ME?

2. HOW CAN I APPRECIATE EVEN MORE GOD'S LOVE FOR ME IN THIS MOMENT?

3. HOW DO I FIX THIS?

3. HOW CAN I SEE MORE CLEARLY, THE DIVINE BEAUTY AROUND ME?

4. WHY DO I ALWAYS HAVE TO DO EVERYTHING?

4. HOW CAN I EXPERIENCE EVEN MORE THE JOY IN THIS MOMENT?

5. WHAT'S WRONG WITH ME?

5. HOW CAN I BE AN EVEN GREATER EXAMPLE OF LOVE RIGHT NOW?

6. WHY DON'T I FIT IN?

6. HOW CAN I HONOUR MY STRENGTH AND COURAGE EVEN MORE RIGHT NOW?

7. WHY AM I NOT ENOUGH?

7. HOW CAN I APPRECIATE EVEN MORE THE AMAZING PERSON I AM?

NEW QUESTION CRITERIA

01 Does the new question deliver the needs the old one was looking to meet? Does it feel good?

02 Is it completely in your control? (no one has to do anything for you to feel it)

03 Is it short and easy to say / remember?

04 Is it a question you can answer that gives you something actionable to do / say / be / share etc.?

05 Do you use language like “even more” (assumes you already have it) or “in the moment” (immediately experience)?

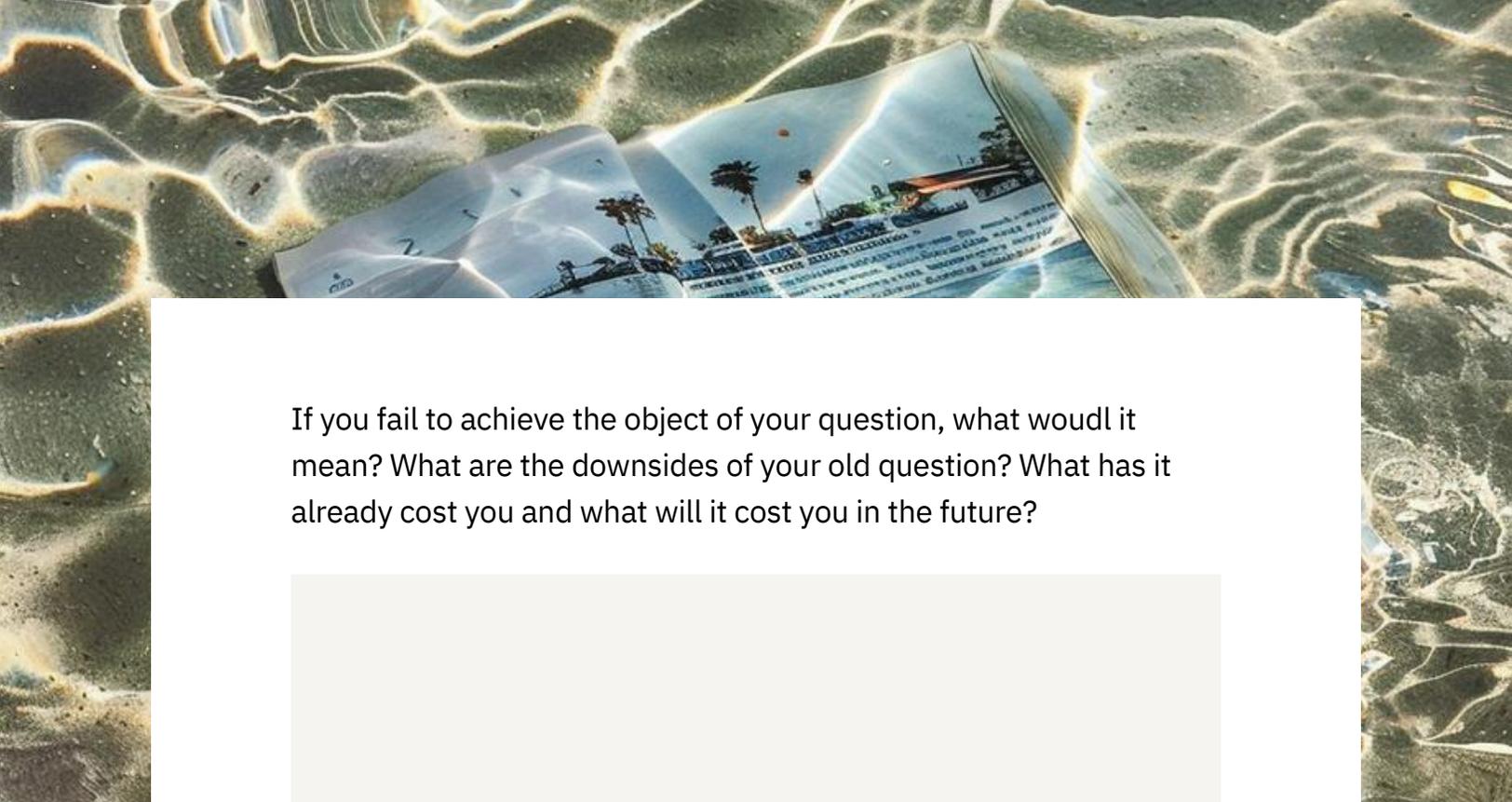


EXERCISE

DISCOVER YOUR PRIMARY QUESTION

What is your primary focus in life? What question do you ask most often based on this focus? Is there a question you might not want to admit you have?

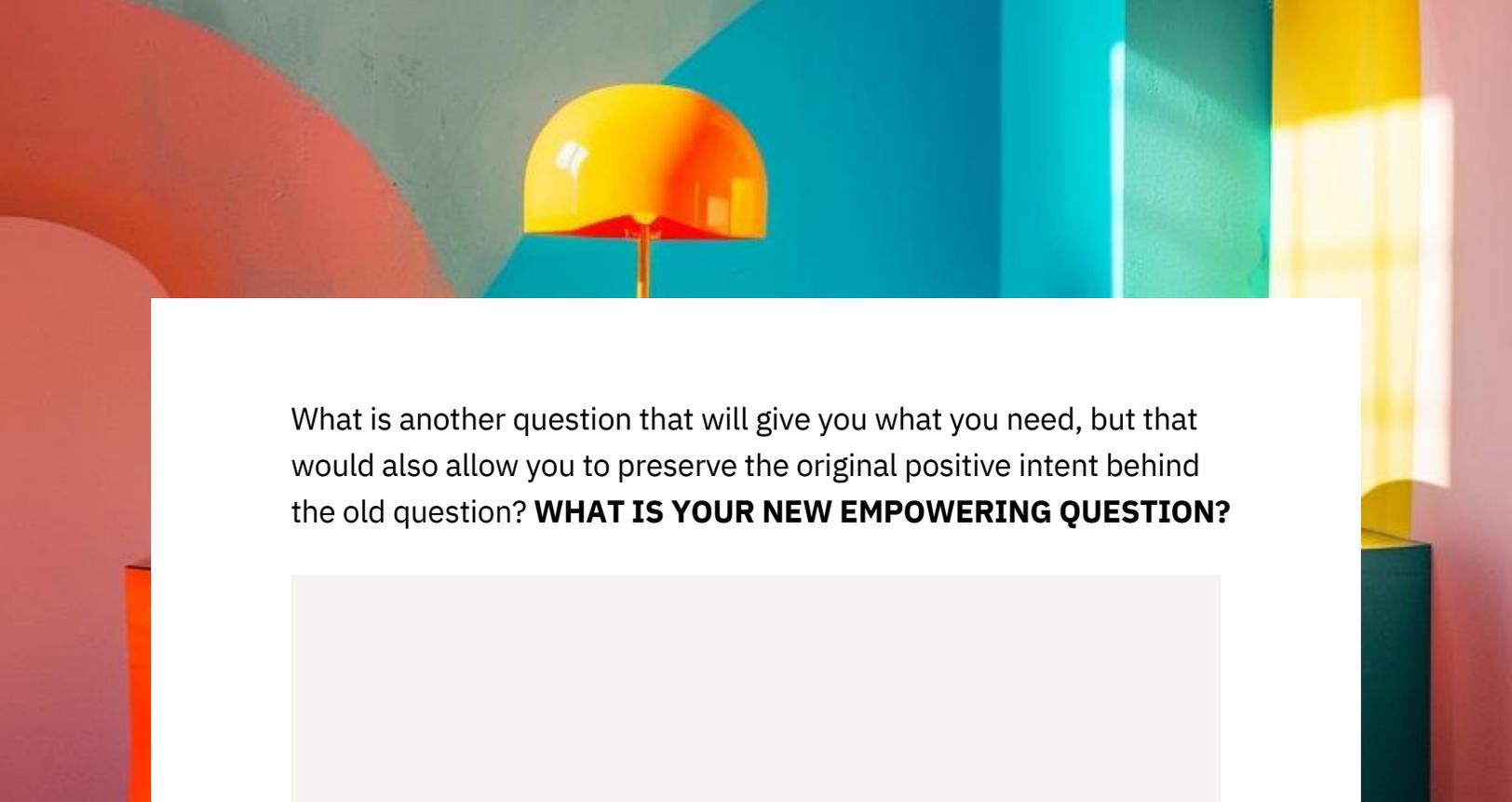
What positive or empowering beliefs do you have today because of this question? What does it give you? How have you or others been positively affected?



If you fail to achieve the object of your question, what would it mean? What are the downsides of your old question? What has it already cost you and what will it cost you in the future?

What extreme emotional reference from your past triggered you to ask this question? What is the painful experience that made you focus on this question so persistently?

What needs were you trying to fulfill with the old question?



What is another question that will give you what you need, but that would also allow you to preserve the original positive intent behind the old question? **WHAT IS YOUR NEW EMPOWERING QUESTION?**

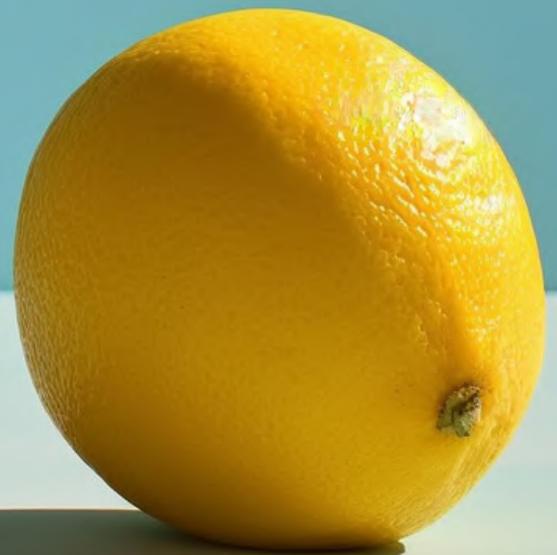
What are the benefits of having this new question? What will it give you? Who would it serve? What would it mean for your family?

What references do you have already that support you in knowing the new question is right for you?

AND LASTLY...

Anchoring *your primary question.*

Now that you've written a new, empowering,
primary question - it's time to embody it.





DO THIS REGULARLY

1 SET THE STAGE

Put on empowering music (my favourites are Lady Gaga, Katy Perry, Celine and Sia!) and embody this person.

2 CRAFT A PERSONAL INCANTATION

Make your question an incantation by saying it rhythmically to a beat, over and over again - with conviction!

3 ANCHOR THE INCANTATION WITH MOVEMENT

Repeat the incantation while performing a movement - while your walking, clapping, tapping feet etc.

4 PEAK STATE AND EMOTIONAL ANCHORING

Repeat it over and over until you feel yourself in a peak state. Then, do a power pose, hand on heart, first to chest etc.

5 CELEBRATE AND BE GRATEFUL

Celebrate and be grateful for yourself and life. Know that you have the power inside of you to see what you couldn't before.



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