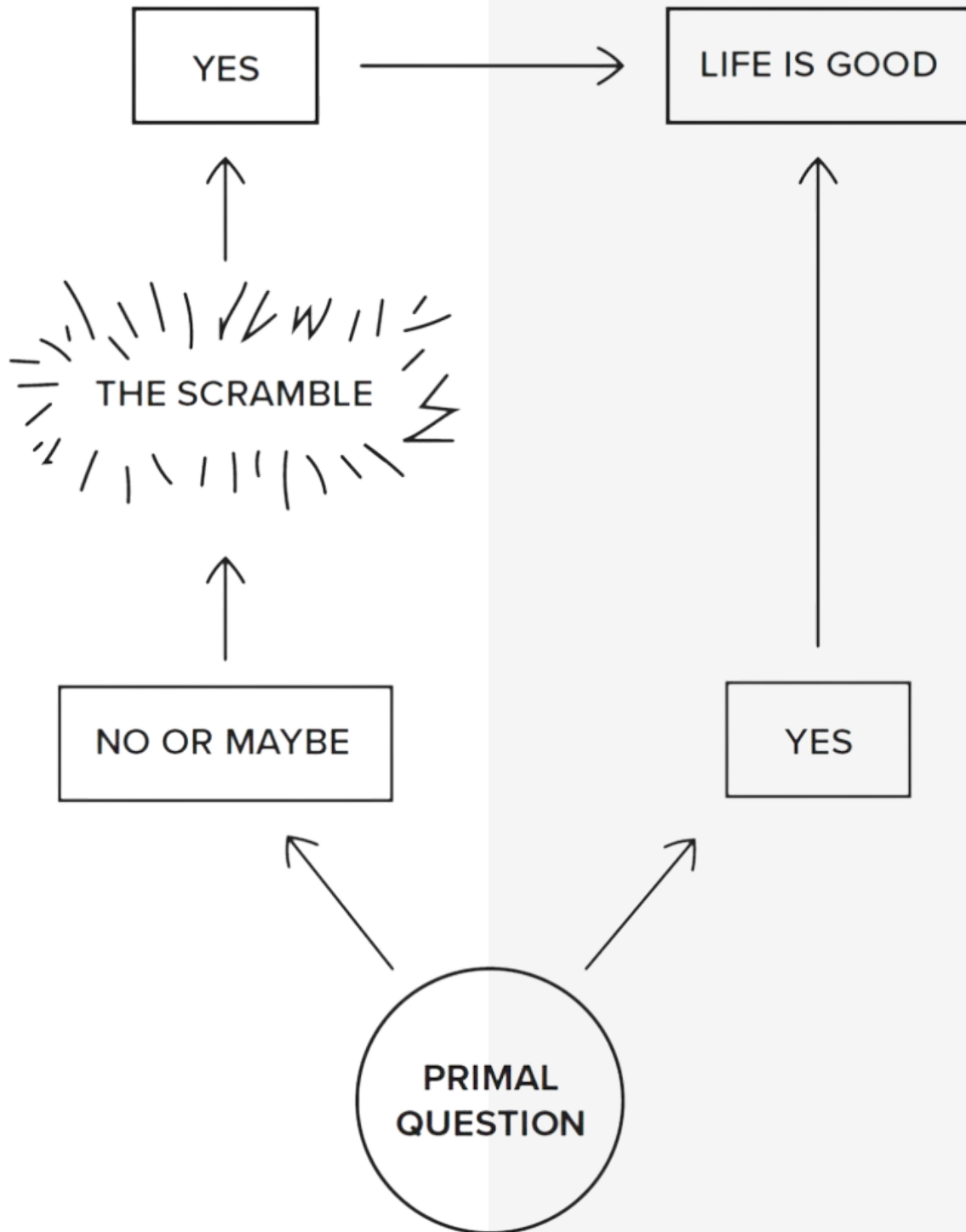


The Seven Primal Questions Workbook



The Seven Primal Questions

THE BIG IDEA



The Seven Primal Questions

Q1 - AM I SAFE?



The Big Idea

Safety is the foundation for a grounded, abundant life. When we feel protected, we thrive. When our safety is in question, our best selves are compromised.

Snapshot

At their best, Q1s are relaxed and at peace. They use their gifts to heal and protect others. They have a gift to create places where people feel physically and emotionally safe.

Highest Emotional Need

Safety: physical and emotional

Primal Gift

Q1s are the world's guardians who help people feel safe and protected. They have the natural ability to analyze and predict.

They are emotionally connected and sensitive... the protectors and watchdogs of the world.

Primal Truth Statement

"I am safe."

Helpful Tips

Take more chances. The world is not hostile, and you have so much to give.



The Scramble

They tend to be hyper-vigilant, living on high alert in a world of worst-case scenarios. They attempt to control the future by anticipating and avoiding risks. This creates high stress, anxiety, and an overactive, fear-based mind.

Core Fear

Harm. Fear of experiencing pain and being unable to survive or "figure it out."

Q1 Kryptonite

Negative surprises

Primal Avoidance

Tendency to avoid risks and keep people at an emotionally safe distance.

vs.

QUESTIONS

In which areas of your life do you need to release control?

What habits of your scramble are the most unhelpful to living an abundant life?

Who are the friends and family who have your back and would show up for you?



The Seven Primal Questions

Q2 - AM I SECURE?



The Big Idea

Security in your finances and relationships is the key to a life that feels good—being adequately resourced secures you in life.

Snapshot

At their best, Q2s are generous and connected in relationships. They use their gifts to acquire resources, predict trouble, and create stable environments for people to thrive.

Highest Emotional Need

Security in their finances and relationships.

Primal Gift

They make great providers and partners by building stable environments. At their best, they are generous, aware of others' financial needs, and prioritize relationships. They are often methodical, trustworthy, and grounded in practicality.

Primal Truth Statement

"I am secure."

Helpful Tips

You are a competent, gifted, and resourceful person. Remind yourself of that whenever you feel like you won't have enough.



The Scramble

In the scramble, they fret about money. They also fret about having enough resources and relational capital.

Core Fear

Not having enough money or relational resources to protect themselves.

Q2 Kryptonite

Financial instability

Primal Avoidance

Will fixate on hoarding money and controlling people.

VS.

QUESTIONS

How does your scramble for security make your days more difficult?

How could you meet your emotional need for security in a healthy way?

What kid-logic are you using with your finances right now that needs to be reevaluated?



The Seven Primal Questions

Q3 - AM I LOVED?



The Big Idea

The need for love is universal, but for you, it is the oxygen for your life. Without it, you suffocate.

Snapshot

At their best, Q3s are nurturing, kind, and empathetic. They use their gifts to help people feel seen, heard, and treasured.

Highest Emotional Need

Feeling known, seen, and emotionally connected to others.

Primal Gift

Q3s are gifted at loving and caring for others' emotional and physical needs. They create an environment that enables others to feel seen, heard, and treasured and thus are relationally strong and well-liked.

Primal Truth Statement

"I am loved."

Helpful Tips

Use your voice to speak up for your own needs. Receive love as you give love. You are worthy of that.



The Scramble

They abandon themselves through people-pleasing, over-giving, and codependent behaviors. They want to feel a loving connection emotionally and physically at any cost. They will often settle for being loved poorly than not at all.

Core Fear

Being dismissed, unheard, and unseen.

Q3 Kryptonite

Indifference

Primal Avoidance

Wounded Q3s withhold their hearts from others to avoid manipulation and abuse. Despite needing close connections, they keep people at a distance in order to protect their feelings.

vs.

QUESTIONS

In what ways could you love yourself better?

Are there any relationships that you feel entangled in or are acting in a codependent way?

How might you leverage your Primal Gift of being a relationship rock star?



The Seven Primal Questions

Q4 - AM I WANTED?



The Big Idea

Living each day in the sweetness of your own belonging empowers you to make everyone feel included.

Snapshot

At their best, Q4s are welcoming, inclusionary, and accepting of others. They use their natural gifts to connect and include people.

Highest Emotional Need

Inclusion: feeling accepted and pursued.

Primal Gift

Q4s have a unique ability to make people feel included and part of something. They are strong in social settings, good with people, and have positive relational skills. They are powerful connectors and team builders.

Primal Truth Statement

"I am wanted."

Helpful Tips

Avoid the temptation to become what others want you to be. Express yourself from an authentic place. Be who you are, not what you think you should be.



The Scramble

They lose themselves in the full-time project of avoiding the sting of rejection. It's essential for Q4s to reframe rejection. When we're rejected, it's a rejection of an idea or a part of who we are; it's not a total rejection of our entire being. This is an important distinction.

Core Fear

Being excluded, replaced, or shunned.

Q4 Kryptonite

Being rejected

Primal Avoidance

Wounded Q4s self-isolate and wait for others to engage, rather than initiate.

vs.

QUESTIONS

How could you maximize your ability to make people feel wanted at work?

In what ways do you overmanage the risk of possible rejection?

What does belonging mean to you?



The Seven Primal Questions

Q5 - AM I SUCCESSFUL?



The Big Idea

Success is not measured by what you have. It is experienced in humble confidence and the development of others

Snapshot

At their best, Q5s improve everything they interact with. Confident and focused, they lead themselves and others to positive outcomes.

Highest Emotional Need

Being appreciated for their contributions.

Primal Gift

Q5s help everyone win. They are self-starters with an innate ability to solve problems and make things better around them. Their entrepreneurial spirit and can-do attitude drive them to engage in multiple initiatives and produce great work.

Primal Truth Statement

"I am successful."

Helpful Tips

Look for opportunities of tiny greatness. Bring your skills to what the world would consider unimportant. With very little effort, you can make a monumental difference.



The Scramble

They can lose sight of the big picture and can become workaholics to achieve outcomes they may not really desire. It is important to understand that success is not about achievement or winning but the joy that comes from being satisfied with your life.

Core Fear

Being seen as incompetent or underachieving.

Q5 Kryptonite

Failure

Primal Avoidance

A Q5 avoids their Primal Question by looking for easy wins or projects where success is guaranteed. They withdraw from real challenges and settle for the "appearance" of success -- nice cars, a big house, lots of money.

vs.

QUESTIONS

What is your greatest strength? How do you use that to benefit others?

Do you struggle with measuring your life against a scoreboard? What's a different way to measure effectiveness?

How could you improve your relationship with failure?



The Seven Primal Questions

Q6 - AM I GOOD ENOUGH?



The Big Idea

Your wounded worth traps you in hustling for your value. Set yourself free from the inner critic by appreciating and accepting all you are.

Snapshot

At their best, Q6s add value to others and learn to embrace their own imperfections.

Highest Emotional Need

Affirmation: having their unique humanity valued and recognized.

Primal Gift

Q3s are value-making machines. They have a sixth sense for spotting untapped resources and often advocate for people and ideas that others too quickly dismiss. They seek out pivotal roles and love to be relied on for their special abilities.

Primal Truth Statement

"I am good enough."

Helpful Tips

The self-hatred, insecurity, and doubt need to end today. There's no room for it in your life. It blocks your light and the love you have for others.



The Scramble

They get trapped in a cycle of over-performing, self-judgment, and defensiveness. They often struggle with intense shame and insecurity.

Core Fear

Judgment: to be negatively thought of or criticized.

Q6 Kryptonite

Criticism

Primal Avoidance

A wounded Q6 will see themselves as a victim. They withdraw into roles and activities where they feel unassailable. Some may shut down altogether and refuse to speak or engage.

vs.

QUESTIONS

How can you practice self-respect this week?
What does it practically look like?

What lie has your inner critic been telling you lately?

List the unique ways you create value for others and yourself.



The Seven Primal Questions

Q7 - DO I HAVE A PURPOSE?



The Big Idea

Unburden yourself of the problem of figuring out your purpose. You are already living in it, and it really matters.

Snapshot

At their best, Q7s are forward-thinking visionaries making the world better. They create projects, companies, and ideas that impact society significantly.

Highest Emotional Need

Significance: to be part of something bigger than themselves.

Primal Gift

Q7s imagine the best version of the world. Their boundless vision creates projects and movements that make life better for everyone. They rally people to missional causes and encourage others to dream big.

Primal Truth Statement

"I am living in my purpose."

Helpful Tips

Be careful not to see your purpose as a fixed act or something with a rigid destination. Learn to appreciate the journey and the impact of today. Trust your vision.



The Scramble

They are tortured by the need to pick a predestined path and not waste time. They often become stuck dreamers.

Core Fear

Meaninglessness: a purposeless life that squanders their calling.

Q7 Kryptonite

Pointless work

Primal Avoidance

Q7s get caught up in finding the "right" path for their life. This search for the ideal mission gives them an excuse to never act, and they live in perpetual angst. By seeking the perfect, they miss the good.

vs.

QUESTIONS

How could you find purpose in today? Can you see it as valuable and important?

Is your purpose about your life's "finish line" or the day-to-day? Are they being given equal importance?

Should having a purpose in life bring pressure or joy? Stress or freedom? What are you experiencing now?



Your Primal Map

Use some of the insights above to fill in your primal map. This will help you to visualize how you tend to react to certain situations in life as well as paint a picture for how life can be different. If you need help filling this out, or have questions about your primal question, reach out to me and set up a call: <https://calendly.com/wesleyprice/30min> - or just email me: hello@dwesleyprice.com

Three empty circles are arranged horizontally at the top of the page. Below them are three arrows pointing upwards towards the circles. In the center, the text "Define Your Scramble" is positioned above a dashed vertical line that leads to a box containing the letters "PQ". To the right of the "PQ" box is another empty rectangular box labeled "My Primal Gift is:". Below the "PQ" box is another dashed vertical line leading to a horizontal line, followed by the text "My Primal Question". Below this is a third dashed vertical line leading to the text "Define what living in your Primal Truth looks like for you:". To the left of the "PQ" box, the text "My Primal Avoidance looks like:" is followed by a dashed vertical line and three numbered horizontal lines (1., 2., 3.) for input.

Define Your Scramble

My Primal Avoidance looks like:

1. _____

2. _____

3. _____

My Primal Gift is:

My Primal Question

Define what living in your Primal Truth looks like for you:

1. _____

2. _____

3. _____

