



'Single Focus Again' Question

*What do I imagine is possible  
when I focus more on just one  
of the five future self  
disciplines today?*

# My PrivateWork-It-Out<sup>®</sup>



*What do I imagine is possible when I focus more on just one of the five future self disciplines today?*



1. What's your first thought? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



2. What's occurring now? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



3. What just happened? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



4. What are you feeling? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



5. What are the opportunities? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



6. What's missing? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



7. What are you avoiding? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



8. What's true? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



9. What is your ideal scenario? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



10. What's happening when you're imagining your ideal scenario? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



11. What's between you and your ideal scenario? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



12. What really matters? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



13. What difference will it make? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



14. What's the risk? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



15. What adjustments will you make? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



16. What needs to happen next? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



17. What's occurring now? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



18. What are you feeling now? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



19. What are you not saying? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



20. What's your actionable insight? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# My Inspired Action Plan

1

What has to happen first? \_\_\_\_\_

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2

When that happens, what's next? \_\_\_\_\_

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3

When that happens, what's next? \_\_\_\_\_

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4

When that happens, what's next? \_\_\_\_\_

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5

When that happens, what's next? \_\_\_\_\_

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6

When that happens, what's next? \_\_\_\_\_

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7

When that happens, what's next? \_\_\_\_\_

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