

Self-Dialectic – A Socratic Investigation into Yourself for Goal Setting

By Michael Burris 8/2/2018

The Self-Dialectic is a personal inventory and self-diagnostic evaluation accomplished through a Socratic-like question & answer dialogue with yourself to discover your own personal goals. Each answer will illuminate your path to discovering who you really are, shining light on how to answer the next question, taking you deeper and deeper within yourself. Answer each question very quickly – your first impression is often most revealing. Then put more thought into it and observe if you consistently try to reason away your first answer.

You can also tap into your intuition by first mentally going through and becoming aware of all your bodily sensations, dominant mood, and prominent thoughts. Now focus on the question and as you contemplate your answer, notice any changes to your body, moods, thoughts (does your mind flood with judgmental, critical, or defensive thoughts attempting to reason away your intuition?), or awareness of outside distractions. Re-phrasing the question so that it's either this or that choice, or requires a yes or no answer will help to hone your intuition even more. Do you feel an adrenaline rush in your stomach like a roller coaster ride? Do you find yourself smiling? Or do you feel tears welling up? Or is your chest contracting? The more you do this, the more you'll be attuned to your own "gut" impression of what's most right for you.

Ask yourself questions like:

Who or what am I?

Who or what am I most satisfied with?

Who or what do I still want?

Who or what are my greatest abilities and resource? Which are the strongest?

Who or what is missing that I still need to function best?

Who or what opportunities present themselves? Which promises the most?

Who or what are my difficulties & obstacles? Which is the most formidable?

Who or what do I least want and why?

Who or what needs to be changed to insure that I steer clear of that and instead get what I need & want?

Life Category needs

What are your perceived needs in each of your Life Categories? Make a note of the ones you feel you absolutely can't live without?

Life Category wants

What are your desires, wishes, and fantasies that go beyond your needs for each of your Life Categories? Make a note of the ones you feel that turn you on the most?

Life Category strengths

What are your capabilities, aptitudes, skills, or talents in each of your Life Categories? Make a note of the ones that come the easiest to you that you feel are your natural strengths - even if others haven't pointed them out to you (though this can be a great confirmation). Is there 1 or 2 that stand out the most?

Life Category weaknesses

What are your limitations or perceived disabilities in each of your Life Categories?

Life Category Priorities

If you had only enough time to create 1 thing in this lifetime, what would that be? If this was already accomplished, what other thing could you create? Repeat this process until you all the Life Categories populated.

How vs. What

If it didn't matter what you did but how you did it, how would this change what you choose to do with your life? And how would you do it?

Heroes, others you admire, those that have impacted you the most:

Who are they and what about them compels you to be like them?

What have they done that inspires you?

What traits do you admire most in them?

Traits you despise

Are there people you just can't stand being around? What traits really get under skin?

Others are often a mirror into our own personality. These traits are probably things you've done, have been criticized about, and despise in yourself.

Now, choose the opposite trait and add this to M.Y.D. - V.A.L.U.E.S.

Cups of Sorrows

We all know people who have a lot of "drama" in their lives or who are suffering in some way. What are they going through that you wouldn't ever want to happen to you? Choose opposite traits and add these to the M.Y.D. - V.A.L.U.E.S. Choose opposite actions and make sure to include these when creating M.Y.D. - M.A.P.S. for each of Your Diamonds.

Valuable to yourself

What successes from "M.Y.D. - Life Successes" page stand out the most? Why?

What are you most dedicated, devoted, or feel a great sense of loyalty toward? Why?

What are you most proud of, that makes you feel great inside? Why?

What's so important that you would die for it? Why?

What's so valuable that you would do anything to protect it? Why?

What's so precious that you can't imagine living without it? Why?

What personal & work activities of my past & present are the most valuable to me? Why?

How have I lived in harmony or conflict with these values and what were the consequences?

Valuable to others

What can you do and what would you like to do that would be valuable to others?

What do you feel the marketplace would reward you the most for doing? What the least?

After your death, what will others praise you for?

How have I lived in harmony or conflict with these values and what were the consequences?

Sense of Calling or Mission – make a note of this for doing your own Mission Statement

Has there been a lot of "coincidences" or synchronistic events that have led you in a particular direction in life?

Have you felt like you've been consistently urged by friends, family, co-workers, or in your Spirit to do something?

Do you feel that you were put on this planet to accomplish something special?

Stepping Stones

By reviewing each stage of your life, you may see that they are stepping stones along a path leading somewhere specific that you can now see more clearly. For example, before you got each job you've had, what was your motivation? What were the main questions you had or would have asked of yourself during the interview? How much does it pay? Am I qualified to do this? Is this using my talents to the fullest? Does this fit or balance with the rest of my life? Will I be fulfilled doing this? Is this just a stepping stone? As another example, what intimate relationships have I had? What was my motivation for being in each? What did I learn from each?

Beliefs about Money

How important is money to me? 1-10.

What are my childhood memories of money? Any strong feelings?

Do I remember learning specific things about money?

How did my parents act and feel about money?

How did I fit in with other kids concerning money?

Did I feel as well off as my neighbors?

What values have I carried into my adulthood?

What would I do with more money?

If I didn't have enough money to pay my bills each month, how would I feel?

I would I feel writing a check to my retirement fund?

If I came into a big source of money, how would I feel?

What if I lost everything, how would I feel?

How do I deal with money now?

How comfortable am I with money?

What do you think you have to do to get money? Hard work - nose to the grind stone? More education? More skills? Working smarter? It's who you know?

Positive, powerfully, life-changing events

What have they been, what aspects positively shaped your life?

Negative, powerfully, life-changing events

What have they been, what aspects negatively impacted your life?

What lessons have you learned from them that can direct your life in a more positive direction?

What can you do to turn each of these negatives into a positive?

Joy, Excitement, Happiness, Fun, Fulfillment

What past moments have been the happiest and most fulfilling for you? Why?

What things are you currently involved in that make you the happiest? Why?

What gets you really excited, even to the point of joyful tears, just thinking of the chance of it coming true? Why?

What do think you would have the most fun or thrill doing? Why?

What would make you feel blissful? Why?

What do you feel passionately driven towards? Why?

Sadness, Depression, Unhappiness, Frustrations, Boredom

What past moments gave you any of these negative feelings? Why?

What things are you currently involved in that make you feel these negative emotions? Why?

What makes you want to painfully weep just thinking about the prospects of it coming true? Why?

What would you hate to have to do in the future? Why?

Take every one of these "I would hate to do this" and create the opposite "I would love to do this."

Fear Constraints - these keep us imprisoned & immobilized within our own comfort zones.

What have you always wanted to try but were certain you would fail at?

What life-long desires do you feel would bring you financial or some other type of pain?

What fantasy are you sure you couldn't handle if you succeeded?

What would you love to do but would feel embarrassed of what others might think of you if you did it?

Worry

What do you find your thoughts throughout the day obsessing or worrying about?

Learning about it

What do find yourself reading most about?

What tapes and seminars have you listened to? Is there a common thread amongst them?

Talking about it

What do you find yourself talking to others most about?

What you talk about, positive or negative, tells where your focus is - and that's what expands.

Having a sense of urgency

If you suddenly died tomorrow, what would you regret not having accomplished?

If you knew you had 5 years before dying, what you want to make sure to accomplish so you'd have no regrets?

If you had only 3 years, would anything change?

If 1 year, how about then?

If only 6 months, then what?

Compelling needs of others

Is there a need in society that compels you to help meet it, to serve & bless others, and improve humanity?

Is there something you feel is your calling, purpose, or mission to do? Why?

Are there things you feel are your duty or responsibility to do, lest they not get done and others would suffer? Are you the only person that can really do them? Can you get help?

Synchronistic Opportunities

Have you noticed the opportunity continually cropping up throughout your life?

Are the opportunities currently in your life that are calling out to make a decision about?

No health limitations

If you had perfect health, what would you do?

No financial limitations, unlimited freedom

If you had just won a huge lottery so you no longer had to work, what would you spend the many hours in each day of the rest of your life doing?

Getting paid to do it

If someone actually paid you to do this, you would fall on the floor laughing?

Daydreams & Journaling

When you used to stare out the window or zone out, what did you used to daydream about?

Is there a repetitive daydream?

What have you written about the most in your journal?

What were you going to grow up and become?

When you were a kid, was there something you kept telling others you would grow up to become? Ask your parents.

If you were a child again in a Toys R' Us store:

What kind of child am I?

What toys am I looking for? What is it that attracts me?

Which toys do I examine but later reject?

Which ones do I spend the most time with and why?

Will I be able to take the toys home?

Will there be more toys here for me tomorrow?

What would I change to make the store more exciting and inviting? Would the owner allow me to do this?

What is the name of the store?

What is my name?

Perfect Gifts

If everyone who really knew you was to get you a gift, what would each of them be?

Which gifts were the most exciting to you? Why?

If you had to pick the perfect gift to you, what would it be? Why?

Parental Programming

What were some of your parent's dreams, especially those they didn't fulfill? Often these get transferred to the children.

Did they ever tell you what they wanted for you to become or expected you to do for work?
Have you seen any other influences upon your dreams?

Blank Canvas to paint on

Imagine standing on the beach early in the morning looking out across the waves and a fog came in so you couldn't see anything at all in front of you. Now assume that this blank canvas represents your life - everything in the past is gone and that all that are to be is the result of you painting onto that blanket of fog pictures from your mind. What will you see in your mind and then paint upon the canvas?

Working from the End backwards

How old do you think you'll be when you die? What will you want to have accomplished by then?

Now subtract your current age and divide this by 2 - this is your $\frac{1}{2}$ -way point, figuring out what you need to have done by then.

Now divide this by 2 for the $\frac{1}{4}$ -way point, figuring out what you need to have done by then.

Now figure out what you'll need to do each year to reach that point.

Working forward – Where are you?

Is my current work, good for me? Why?

Does my work express my governing values?

What are all the talents I have that I enjoy in my work?

If not, is there ways to make my work better for me?

What would the ideal work be?

Can I do less than ideal work while I'm preparing for perfect work? What work and how do I prepare for the next step?

Which of the 4 basic elements are you most like - earth, wind, fire, or water? Explain.

For example, I am like water - this is also a part of my Aquarian sign. I've always desired clarity in my life as if I were pure water. I've always been flexible in adapting to the current situation, as does water in a container. I can also adapt to changing states: I can be very determined, hard as ice. I can be very flexible, going with the flow like a liquid. Or I can be boiling hot, even like steam. A driving force in my life is to quench the thirst of others, by leading them to pure waters. Like a gentle, babbling brook, I relish quiet, contented, peaceful times. I am constantly seeking to cleanse my life from distractions and negative influences. All kinds of abundance rains down upon me.

Life-defining Question

Of all questions above, is there one that "hit home" the most for you, that provoked the greatest emotional response, which has bothered you the longest? Why?