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# THE MONARCH METHOD™

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For People With Goals

By Kimble Greene PhD

As you begin this rediscovery process, it is imperative that you recognize you are unique and prevailing. You have the power within to create the life you desire – you are not your past unless you choose to carry it forward into your present.

In his book, *The Five Things We Cannot Change*, David Richo states that our path in life is not determined by our DNA or our history. That we have the personal power to choose to feel and think about our family of origin (and everything else) the way we want. He believes that the family in which we were raised is a joy for some and a struggle for others. Regardless of your early experiences, it is up to you to decide how to view and use those circumstances.

This second step in The Monarch Method™ process guides you in understanding how your first set of transitional and/or adaptive core beliefs were established by having you gather historic information about yourself. For some, this process of information gathering can be cathartic, and it can be burdensome for others. Both paths are effective, but the choice is yours. Therefore, this step is optional, though recommended.

You will be gathering a basic history of you, from birth to the present. The exercise is intended to identify general past experiences and perspectives. While this step can or may include some deeper or more challenging experiences, it is not intended to be a psychotherapeutic process. Uncovering your early core beliefs is the focus of this step, not analyzing your inner psyche or dredging up painful memories.

This step will give you a foundation which to begin putting the puzzle pieces together to create the big picture of who you are now, as well as how and why your early core beliefs were established. It is essential you understand that the core beliefs that support you now are not better than the core beliefs that supported you in the past. They are simply more appropriate for your current set of circumstances. All of your core beliefs and related thoughts, feelings, and behaviors serve a purpose. There are no ‘bad’ core beliefs. Core beliefs function as coping mechanisms or tools for your emotional, mental, physical, and spiritual survival and growth over the course of your life. Your core beliefs are intended to shift and transform with you as you transition throughout your life.

### **Questions**

Below are questions intended to provide general guidelines for history gathering. These questions are a guide – not a set-in-stone required list. Please feel free to add or delete questions,

making the process your own. Throughout this exercise, be sure to include all significant events as you recall them, both triumphant and challenging. As mentioned previously, this step is optional or can be completed along with your counselor if outside support is preferred. It's proven helpful for most people to first review all of the questions and then go back and answer them so as to avoid unnecessary repetition.

Answer these questions in detail, as if you are creating a scrapbook of your life. Use your personal journal if you need additional space.

**Life Stage 1: 0-19 Years Old**

1. What is your date and place of birth?

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2. In what state(s), country(ies) and/or place(s) were you raised? What were those places like for you?

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3. What was your early family structure like, i.e. parents married or single, number of siblings, relationships with extended family, etc.?

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4. Describe the atmosphere within your home. This includes the personalities and characteristics of those with whom you were raised (parents, siblings, etc.), description of home and neighborhood, and all other notable descriptors and memories of your experiences(s) from birth through teens.

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5. What were your teen years like? Relationships, personal values, choices, friends, hobbies, emerging skills or gifts, school grades and experiences, difficult or celebratory events, etc.

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6. Describe your personal health from birth through teens.

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7. Describe your spiritual or religious development.

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8. Include any previously unmentioned events you feel are significant.

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**Life Stage 2: 20-49 Years Old**

1. Why and when did you leave your parents' home, did you attend college, get married, etc.?

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2. Describe your significant relationships – spouse(s), children, friends, etc.

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3. Did you establish a career, if so what and why? Or, what types of jobs have you had?

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4. Describe your hobbies, recreational activities, interests.

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5. Describe your spiritual or religious life.

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6. Describe your emerging life values.

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7. Describe any major life events.

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8. What does the family of your creation look like?

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9. Describe the atmosphere of your home during this stage.

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10. Describe your health during this stage – emotional and physical.

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11. What, if any, major changes or epiphanies have you experienced during this life stage?

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12. Include any previously unmentioned events you feel are significant.

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**Life Stage 3: 50+ Years Old**

1. Describe your life as it unfolds post raising children, establishing or re-establishing a career, relocating, relationships, etc.

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2. Describe your current health – emotional and physical.

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3. What, if any, major changes or epiphanies have you experienced?

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4. If there are any questions or topics that haven't been mentioned here, please add them to this list of questions. The goal in this step is to establish a picture or story of what your life up to the present has been like and what experiences created the you here today. This will help you identify your operating/outdated core beliefs.

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