



# Discover The Why Behind Your What

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The goal of this worksheet is to help you discover the why behind your what. Sometimes it is easier for us to describe what we do rather than why we do it. Understanding the why behind what and how we do things gives us more clarity, commitment, confidence and courage to creating a life empowered by purpose, passion and meaning.

Your “why” is the purpose, cause or reason you do what you do. Your why’s are those things which you are most passionate about. Your why can be thought of as your reason for existing.

Your “what’s” are the actions, behaviors, results, jobs, products, services, roles or things you do.

## **First Step**

The first step in this process is to describe the “what” you want to turn into a “why”. An example of things to write might be:

- Role: mom, friend
- Activity: daily exercise, yoga
- Job: barista, business owner, software developer
- Things You Want To Do: write a book, vacation in Italy

## **Second Step**

The second step is to ask yourself “why” is this “what” important. Then write down the words that come up for you. The third step is to ask yourself why are the words in the second step important to you. The fourth step is to ask yourself why are the words in the third step important to you. Feel free to ask the “why” question as many times as you need until you feel like you are at a solid “why”. The hope is by the end of the process of asking “why is this important?” you will have moved your what closer to your why.

## **Third Step**

After asking the “why is this important?” question a few times, the goal is to write some words to solidify the “why” behind your “what”. If the why you came up with is not that inspiring maybe there is another “what”, role, activity, behavior or job that would connect with your passionate why.

## **Fourth Step**

The fourth step is designed to help you bring awareness to some of the challenges that may make it difficult to live your why to the fullest. In this part of the process you will also develop some insight into the solutions, capabilities, strengths and resources you have to solve these challenges.



# Discover The Why Behind Your What

Write Down The What You Want To Turn Into A Why

A large, empty rectangular box with a black border, intended for the user to write down what they want to turn into a why.

Why Is This Important?

A large, empty rectangular box with a black border, intended for the user to write why the previous 'What' is important.

Why Is This Important?

A large, empty rectangular box with a black border, intended for the user to write why the previous 'What' is important.

Why Is This Important?

A large, empty rectangular box with a black border, intended for the user to write why the previous 'What' is important.

What Is The Why Behind Your What?

A large, empty rectangular box with a black border, intended for the user to write the final 'why' behind their 'what'.



# Discover The Why Behind Your What

What Challenges Might Keep You From Pursuing Your Why?

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What Beliefs Or Truths Do You Need To Remember About Yourself When You Are Facing These Challenges?

A thick, black, curved arrow pointing downwards from the left side of the second box to the left side of the third box.

What Strengths And Capabilities Do You Have That Will Help Solve These Challenges?

A thick, black, curved arrow pointing downwards from the left side of the third box to the left side of the fourth box.

What Encouragement Would Help You Keep Moving Towards Your Why? Who Could Ask For This Encouragement?

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Write A Statement That You Can Use To Affirm Your Ability, Strengths and Courage To Pursue Your Why.

A thick, black, curved arrow pointing downwards from the left side of the fourth box to the left side of the fifth box.