

Title: Finding Your Why

Subject: Find Your Way by Finding Your Why

Brief Synopsis:

What is your Guiding Light?

This isn't a new-age idea, nor is it something that will send you down a rabbit trail seeking out spiritual mentors (unless, of course, you want it to). Instead, what we're talking about is understanding your "Why." Your life's purpose.

.....

“When you find your WHY, you don't hit snooze
no more! You find a way to make it happen!”

Eric Thomas

.....

What Is “Your Why?”

- ✓ Your purpose in life
- ✓ The values you hold most dear
- ✓ The reason you do anything

Why Is It Important?

- ✓ You find meaning
- ✓ You discover where you belong
- ✓ Decision-making becomes easier
- ✓ Gain self-awareness
- ✓ Distractions have less of a hold on you

- ✓ You realize your potential
- ✓ Opportunities find you
- ✓ You gain confidence
- ✓ You stress less

Why Do We Lose “Our Why?”

- ✓ You’re disillusioned
- ✓ You lost your way
- ✓ It was never going to happen
- ✓ It wasn’t happening soon enough
- ✓ Things aren’t looking the way you planned
- ✓ You’re stressed
- ✓ You changed
- ✓ It’s not *your* “why”
- ✓ Comparing your “why” to others

Regaining Your Why

Questions to ask yourself:

- ✓ What would you do if you could do anything at all right now?
- ✓ When was the last time you entered a flow state? What were you doing?
- ✓ What was the best thing you ever did in your life?
- ✓ What is the worst thing which ever happened to you?
- ✓ When you were a child, what activities or hobbies absorbed your time?
- ✓ If money didn’t matter, what would you do every day to fill your time?
- ✓ What job would you take even if no one was paying you to do it?
- ✓ If you were told you were dying, what things would you want to do?

- ✓ If you had to give a TED Talk, what would the topic be?
- ✓ What thoughts occupy your time?
- ✓ Someone just asked you to be their mentor. What are you teaching them?
- ✓ What kinds of things are you happy to do for someone else when they ask you for a favor?
- ✓ What is the best experience you've had volunteering?
- ✓ If you could impact the world somehow, what would you want to do?
- ✓ What causes are you passionate about? Why?

Other Tips:

- ✓ What matters?
- ✓ Think about your values
- ✓ What are you already good at?
- ✓ Try more new things
- ✓ Meditate on it
- ✓ Think about your heroes