



Identifying Your "Why" Worksheet



1. Identify the things you can do to make other people's lives better.

2. Think back to the activities you did that made you forget about the passage of time.

3. Recall what you liked to do when you were a kid.

4. Think about the things that you are willing to do even if you look like a fool.

5. Observe what people ask of you when they come to you for help.



6. Imagine what you would be doing if you learned that you only had a year left to live.

7. Identify the things you can do to make other people's lives better.

8. Think back to the activities you did that made you forget about the passage of time.

9. Recall what you liked to do when you were a kid.

10. Think about the things that you are willing to do even if you look like a fool.



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11. Observe what people ask of you when they come to you for help.

12. Imagine what you would be doing if you learned that you only had a year left to live.

13. Write down your "why" and identify the value that you hold that drives that why.