Finding My Why

Everybody has a “why”. It’s the thing that inspires you, your reason for getting

up in the morning. The thing that makes you feel good about yourself.

Step 1.

What’s the thing you have no problem doing or the thing that your mind wanders to when

you don’t want to do something else?

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# Step 2.

What are your values? What ideas inspire you? What makes you excited, sad, angry or empowered? What would you like to change about the world?

# Step 3.

What are you naturally really good at?

# Step 4.

Write your Why!

Describe what it is, what it looks like, don’t focus on barriers, just write down your WHY in

all its glory.

Core Goals

Use your WHY to help you think about your core goals. These are not destinations, core goals are more about your journey, how do you want to feel and what do you want to do?

1. How do you want to feel every day?
2. What do you want to spend your days doing?
3. Write your core goals. Try to think of at least 3!

Big, Wild Goals.

To begin, think about a long term goal, it can be as big as you want it to

be. Ask yourself, “Where do I want to be in 10years?”

Personal Growth

Personal Health

Independent Living Skills

Education/Career/Business

Finances

You may not have big goals for all of these sections, try to think of something for each box.

Personal Growth

|  |  |
| --- | --- |
| 10 Year Goal |  |
| What would it look like in 5 years? |  |
| What would it look like in 1 year? |  |
| Where could I be in 6 months? |  |
| What could I do to see a change in 1 month? |  |
| What could I do to see a change in 2 weeks? |  |
| What step could I take today? |  |

Personal Health

|  |  |
| --- | --- |
| 10 Year Goal |  |
| What would it look like in 5 years? |  |
| What would it look like in 1 year? |  |
| Where could I be in 6 months? |  |
| What could I do to see a change in 1 month? |  |
| What could I do to see a change in 2 weeks? |  |
| What step could I take today? |  |

Independent Living Skills

|  |  |
| --- | --- |
| 10 Year Goal |  |
| What would it look like in 5 years? |  |
| What would it look like in 1 year? |  |
| Where could I be in 6 months? |  |
| What could I do to see a change in 1 month? |  |
| What could I do to see a change in 2 weeks? |  |
| What step could I take today? |  |

Education/Career/Business

|  |  |
| --- | --- |
| 10 Year Goal |  |
| What would it look like in 5 years? |  |
| What would it look like in 1 year? |  |
| Where could I be in 6 months? |  |
| What could I do to see a change in 1 month? |  |
| What could I do to see a change in 2 weeks? |  |
| What step could I take today? |  |

Finances

|  |  |
| --- | --- |
| 10 Year Goal |  |
| What would it look like in 5 years? |  |
| What would it look like in 1 year? |  |
| Where could I be in 6 months? |  |
| What could I do to see a change in 1 month? |  |
| What could I do to see a change in 2 weeks? |  |
| What step could I take today? |  |