



Discovering Your Why

Welcome. Today is about something deeply personal—finding the purpose that drives your decisions, fuels your goals, and gives your life direction. This session is built for reflection, honesty, and action. Come ready to look inward.

Why Your Why Matters

Clarity

Purpose cuts through noise—it tells you what to focus on and what to let go of.

Resilience

People with a clear why bounce back faster. Purpose is the anchor when things get hard.

Direction

When your why is clear, your priorities align naturally —decisions get easier.





MY PASSION & PURPOSE

My Why

Helps me gain clarity on what's important.

Guides my decisions.

Keeps me focused and motivated.



PASSION VS PURPOSE

Follow the Energy

Passion is one of the most reliable clues to your purpose. Pay close attention to the activities that light you up —the ones where time disappears and effort feels natural.

Ask yourself: What do I do that creates genuine excitement or fulfillment? What would I do even if no one was watching?

This passion can often lead to your purpose.

❏ Passion isn't always loud. Sometimes it's a quiet pull toward something that just feels right.

Reflecting on Your Best Experiences

Your proudest moments hold powerful clues. Think back to accomplishments —big and small —that made you feel most alive and most yourself.

1 Recall meaningful moments

Think of accomplishments you're genuinely proud of—at work, at home, or in your community.

2 Spot the common threads

What themes keep appearing?
Connection? Leadership?
Creation? Problem-solving?

3 Read between the lines

Those patterns reveal what you truly value and where your energy is most naturally invested.



A Moment to Write

What accomplishments or moments, big or small, made you feel most alive - or most yourself?

Identifying Your Strengths

Strengths are more than skills —they're the natural abilities that make your contributions unique. When your purpose is built on your strengths, it becomes sustainable.

- What do others consistently come to you for?
- Where do you add the most value with the least effort?
- What talents have stayed with you across different roles and stages of life?



Defining Your Values

Values are the bedrock of your why. They shape what matters most to you, and what you're unwilling to compromise on.



Service

Giving back and making a difference for others



Personal Growth

Continuously learning and becoming more



Family

Nurturing relationships and belonging



Creativity

Expressing ideas and building something new



Freedom

Having independence, choice, and autonomy



Excellence

Pursuing quality and doing things well



Activity:

Select your top five values from a list:

- Family
- Achievement
- Service
- Learning
- Creativity
- Integrity
- Faith
- Adventure
- Leadership

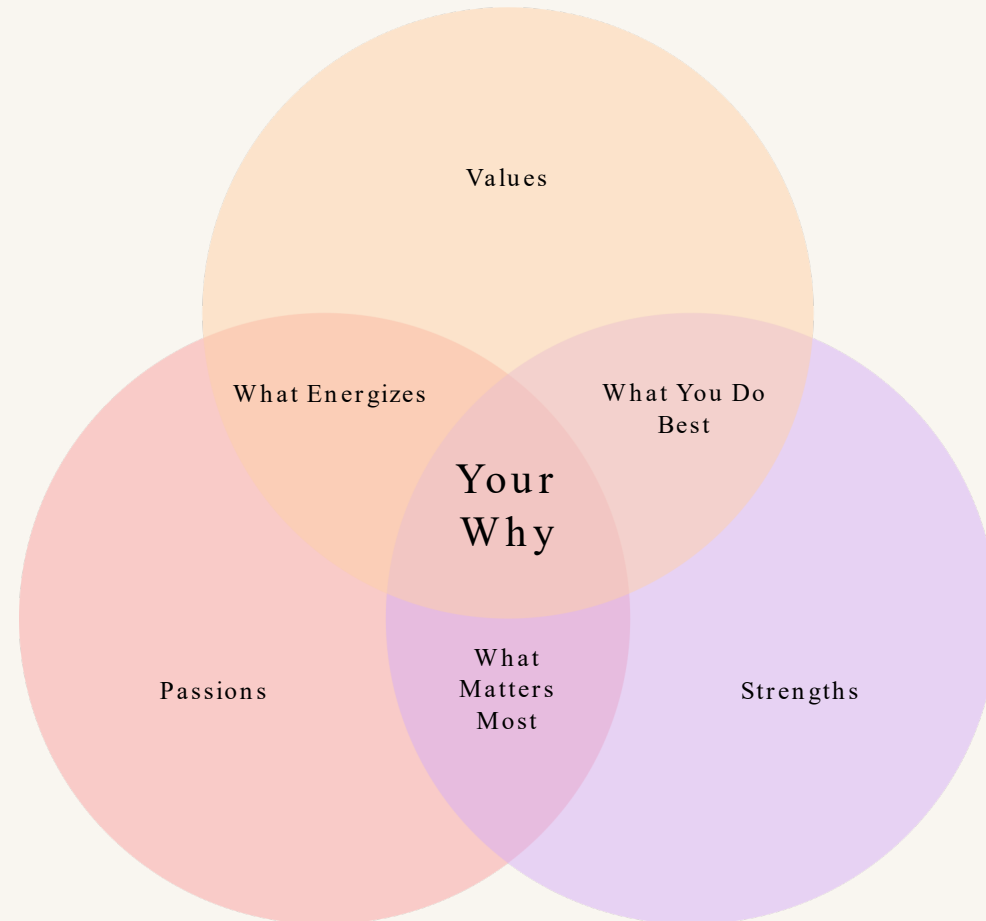
Finding Patterns

Your why rarely announces itself—it emerges through patterns. When you step back and look across your passions, strengths, and values together, a picture begins to form.

Approach this with curiosity,
not pressure.

There's no perfect answer —
just deeper clarity.

The goal is to notice what
keeps showing up, again and
again.





Exercise

Complete:

- I enjoy...
- I'm good at...
- I care deeply about...

PURPOSE IN ACTION



Drafting Your Why Statement

- Don't seek perfection
- It should be authentic
- It should be meaningful



"I use my strengths in _____ to help _____ achieve _____."



PURPOSE IN ACTION

Connecting Why to Goals

Once you know your why, your goals become more than tasks—they become expressions of who you are and what you stand for.

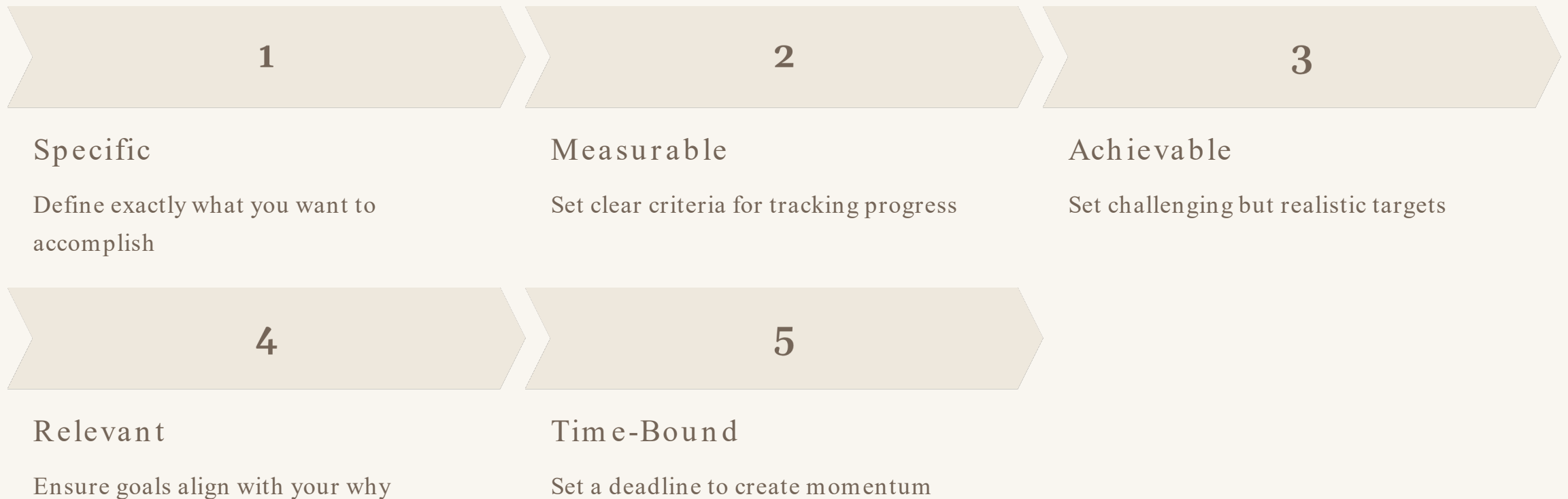
- Align your goals with your top values and strengths
- Measure success by fulfillment, not just achievement
- Let your purpose become your long-term north star



Is there a goal you're pursuing that isn't connected to your why?

SMART Goals: Turning Purpose Into Action

A powerful why needs a practical how. SMART goals give your purpose structure—making it concrete, measurable, and achievable.



Example: "I will complete one leadership development course by the end of Q2 to grow into a mentorship role that aligns with my purpose of empowering others."

Overcoming Obstacles

Every meaningful journey encounters resistance. The goal isn't to avoid obstacles — it's to anticipate them and meet them with a plan.



Name the barrier

Identify what's most likely to slow you down — fear, time, resources, or doubt.

Build a response

For every obstacle, create a specific "if/ then" strategy in advance.

Stay adaptable

Persistence matters —but so does flexibility. Adjust the path, not the purpose.



Building Your Support System

No one discovers or lives their purpose in isolation. The right people around you accelerate growth, keep you honest, and remind you of your why when you forget.

Mentors

People who've walked a similar path and can guide you with experience

Peers

Fellow travelers who challenge you, celebrate you, and grow alongside you

Accountability Partners

Someone who checks in, asks the hard questions, and holds you to your commitments



ONGOING PRACTICE

Reflect and Adjust

Purpose isn't a destination —it's a living, evolving compass. Build in regular moments to pause and recalibrate.

- **Check in regularly:** Are your goals still aligned with your values?
- **Welcome change:** Life shifts —and so does your purpose. That's growth, not failure.
- **Deepen over time:** The more you live with intention, the clearer your why becomes.



Activity

Please write:

- One insight I gained today...
- One action I will take this week...

Taking Action



Start small

Choose one action you can take this week —not someday. Small, consistent steps build unstoppable momentum.



Make it concrete

Write it down. Attach a date. Tell someone. Vague intentions rarely become real action.



Celebrate progress

Every milestone —however small — deserves acknowledgment. Progress compounds when you notice it.

Your Why Is the Beginning

Discovering your why is not a one-time event —it's a lifelong journey of clarity, courage, and commitment.

"When you're clear on your why, everything else has more direction."

Your Challenge

Identify one immediate action you will take today —not tomorrow.

Your Commitment

Write it down. Share it with someone. Make it real.

Your Journey

Trust the process. Purpose reveals itself to those who keep showing up.

