

GOAL SETTING

YOUR "WHY"



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STEP 1: DEFINING YOUR WHY QUESTIONNAIRE

Your "WHY" helps to define your PURPOSE. Now one thing I want to make really clear is that your PURPOSE is different than your "PASSION". Your PASSION is a subset, of your "PURPOSE". You may ask, what do I mean by that? Well, you can have many passions in life, but that doesn't mean that is your purpose in life. For example, you may have a passion for baking. You may love baking because you have the opportunity to be creative, but your purpose in life is not to be a chef. Actually, becoming a chef, may make what was once joyful, more stressful, because your purpose is not to cook food all day. So, let's not confuse the two though they can complement each other. I want to mention this because as you gain more clarity on your WHY behind your goals you may uncover your purpose, or at least gain more clarity.

Here are some questions I would like you to think through to help you define your overall "**WHY**". You will also define your WHY for each goal, but for right now understanding your WHY in life is extremely important, and can keep you on track for achieving your goals. Also, in order for this process to work you have to be honest with yourself. No one will see this work unless you decide to share it. There is no reason to not be truthful with yourself. The truth really does set you FREE!!!

Answer the questions below to get started on defining your WHY.

1. What makes come you alive?