

WHAT IS YOUR WHY?

Discover and enjoy your purpose

Having a strong 'why' can help you figure out 'how'. In the case of resilience, if you know *why* you do what you do, *why* you want something, or *why* you are on this planet at this given time you are more likely to feel confident and figure out *how* you can overcome adversity and move towards your goals.

Instructions:

Take a little time to reflect on why you do what you do (e.g., why are you attending college, why have you chosen a particular career path, why are you in a relationship). Watch the video available **HERE**, and then answer the "so that..." prompt below 5 times. Meaning, tell why you do what you do 5 times. Then, summarize your 5 whys into 1 sentence that truly represents your WHY. You can do this exercise for various areas of your life (e.g., school, relationships) or your overall life's WHY. Finally, consider how you can live your WHY every day and use it to overcome daily challenges.

I do what I do "so that" ...

1... _____

2... _____

3... _____

4... _____

5... _____

Sentence that truly represents my WHY: _____
