

Your Why Workbook

“He who has a why can endure any how.” – Frederick Nietzsche

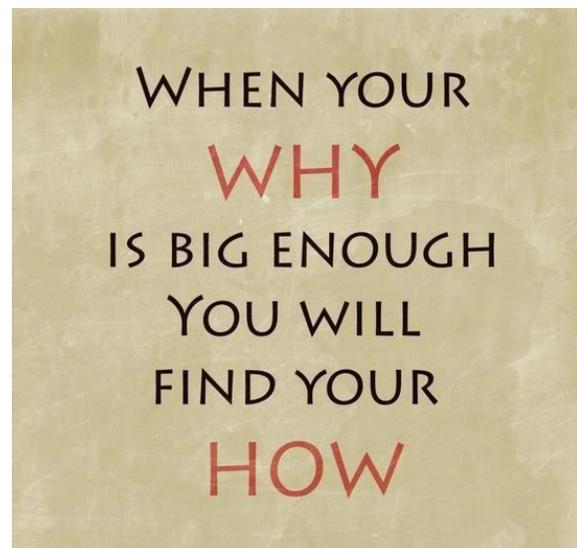
When asked what is the single most powerful contributing factor to one’s health and vitality, Doctor Oscar Serralach, an integrated health doctor in Australia, answered without hesitation; “having a sense of purpose.” Recent studies have shown that though some people eat right and exercise regularly, those without a clear sense of purpose in their life continually struggle with health issues.

Remember the Okinawa people from last year’s Blue Zones activity? They actually have a word for this. They call it Ikigai; a reason to get up in the morning. According to the Japanese, everyone has an ikigai. It is seen as a source of value or what makes one’s life truly worthwhile.

Those who are happiest and healthiest know and understand their Why, but how to do we find it? The activities in this workbook are a fun way to discover your reason for being, and will help you on your way to finding your Why.

Workbook Activities:

- 1) What is Your Ikigai?
- 2) Connecting With Your Purpose
- 3) Envision Your Funeral
- 4) Write Your “Ideal Self”
- 5) Find and Seek Out Your Fears
- 6) Choose It
- 7) Take Action



Once all the activities in this workbook have been completed, enter the completion date in the Wellness Center portal to receive the \$25 credit.

Activity 1: What is Your Ikigai?

According to the Japanese, everyone has an ikigai. The term ikigai is composed of two Japanese words: iki referring to life, and kai, which roughly means “the realization of what one expects and hopes for”. It is seen as the convergence of four primary elements:

- What you love (your passion)
- What the world needs (your mission)
- What you are good at (your vocation)
- What you can get paid for (your profession)

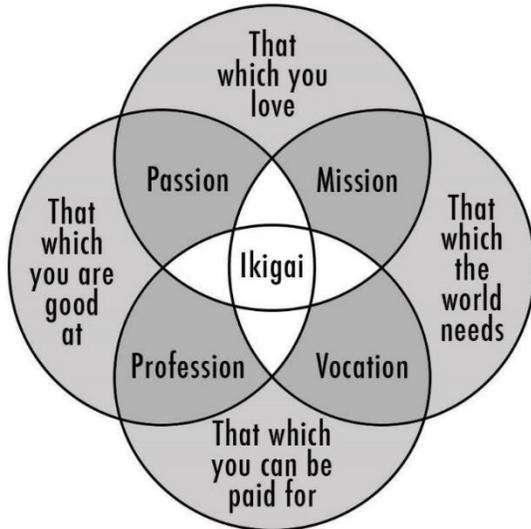
Ikigai is the source of value or what makes one’s life truly worthwhile. For this activity, take a moment to draw your own version of the overlapping circles of the ikigai symbol and consider the following:

What do you Love? What aspects of your life bring you into your heart and make you come alive?

What are you great at? What unique skills do you have that come most naturally to you? What talents have you cultivated and what do you excel at even when you aren’t trying?

What cause do you believe in? What breaks your heart or pulls at your gut? What change would you most love to create in the world?

What do people value and pay you for? What service, value or offering do you bring, or could you bring that brings real value to others? Something people need and are happy to pay for?



[Draw Your Ikigai Symbol Here]

INSTRUCTIONS:

- 1) Take a few minutes to write whatever key words, phrases and ideas come up for you in each circle of your symbol, then look at the areas that overlap.
- 2) Reflect on these areas and how they may relate to each other.
- 3) Ask yourself, “what is one simple thing you can do, or be today, that would be an expression of your ikigai?”

Activity 2: Connecting With Your Why

Part I

Intrinsic motivation is the number one internal driver for anyone in life. It's what inspires you to live a certain way, or make certain changes? It's that deep down feeling/reason that moves you to action. Maybe it's your children or wanting to pay down debt? Whatever it is, finding it and connecting with it is the key to happiness, and ultimately good health.

INSTRUCTIONS:

- 1) Find a place where you will not be interrupted. Turn off your cell phone.
- 2) Write the answers to each question down. Write the first thing that pops into your head. Write without editing. It's important to **write** out your answers rather than just thinking about them.
- 3) Write quickly. Give yourself less than 60 seconds a question. Preferably less than 30 seconds.
- 4) Be honest. Nobody will read it. It's important to write without editing.
- 5) Enjoy the moment and smile as you write.
- 6) Complete the activity by writing a personal mission statement

1. What makes you smile? (Activities, people, events, hobbies, projects, etc.)	
2. What were your favorite things to do in the past? What about now?	
3. What activities make you lose track of time?	
4. What makes you feel great about yourself?	
5. Who inspires you most? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc.) Which qualities inspire you, in each person?	
6. What are you naturally good at? (Skills, abilities, gifts, etc.)	

7. What do people typically ask you for help with?	
8. If you had to teach something, what would you teach?	
9. What would you regret not fully doing, being, or having in your life?	
10. You are now 90 years old, sitting on a rocking chair outside on your porch; you can feel the spring breeze gently brushing against your face. You are blissful and happy, and are pleased with the wonderful life you've been blessed with. Looking back at your life and all that you've achieved and acquired, all the relationships you've developed, what matters to you most? List them out.	
11. What are your deepest values? Select 3 to 6 and prioritize the words in order of importance to you.	
12. What were some challenges, difficulties, and hardships you've overcome, or are in the process of overcoming? How did you do it?	
13. What causes do you strongly believe in? Connect with?	

<p>14. If you could get a message across to a large group of people, who would those people be? What would your message be?</p>	
<p>15. Given your talents, passions, and values, how could you use these resources to serve, to help, to contribute? (To people, beings, causes, organizations, environment, planet, etc.)</p>	

Part II

Create a personal mission statement.

“Writing or reviewing a mission statement changes you because it forces you to think through your priorities deeply, carefully, and to align your behavior with your beliefs.” ~Stephen Covey

A personal mission consists of 3 parts:

- **What** do I want to **do**?
- **Who** do I want to help?
- What is the **result**? What value will I create?

INSTRUCTIONS:

- 1) Do the exercise with the 15 questions above as quickly as you can.
- 2) List out action words you connect with.
 - a. Example: educate, accomplish, empower, encourage, improve, help, give, guide, inspire, integrate, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, write, etc.
- 3) Based on your answers to the 15 questions, list everything and everyone that you believe you can help.
 - a. Example: people, creatures, organizations, causes, groups, environment, etc.
- 4) Identify your end goal. How will the **‘who’** from your above answer benefit from what you **‘do’**?
- 5) Combine steps 2-4 into a sentence, or 2-3 sentences.

YOUR MISSION STATEMENT HERE

Activity 3: Envision Your Funeral

Imagine your funeral and think about what you want your eulogy to consist of, your lifetime achievements to be, and the difference you have made.

1. Describe your funeral:
2. What do you want your eulogy to consist of?
3. What do you want your achievements to be?
4. What difference do you want to have made?
5. How many of these things are you doing now and which do you want to start doing now?

Activity 4: Write Your “Ideal Self”

- 1) Pretend you are setting up to write a novel or play with your ideal Self as the lead character. Who is he/she? What do people say about him/her? What impact does he/she have? What does he/she do? What is he/she passionate about? Describe your ideal Self in the space below.

- 2) In the space below, write one change you can make to work towards achieving your ideal Self.

Activity 5: Find and Seek Out Your Fears

Finding your “Why” means facing your fears and getting outside your comfort zone.

Complete the table below, then reflect on your answers. Where can you start pushing yourself to step outside your comfort zone to start making changes?

What are you scared to death of?	Where are you today?	Is your comfort zone getting very uncomfortable (or are you playing it safe)?

Activity 7: Take Action

When we are taking a trip, it's hard to get anywhere if we don't have a destination in mind. If we don't know where we are going, there is little chance of getting there.

Setting goals can sometimes be overwhelming, especially when trying to work on more than one at a time. That is why so many of us have a hard time getting started on goals. It helps to break goals down into smaller, more doable steps or tasks. When you're planning a long road trip, you probably use a map and break your trip into smaller segments, deciding which roads to take, and where you will stop for meals and rest. It's much the same for any goal. For example, a person whose goal is to improve fitness might break it into these smaller steps first:

- 1) Deciding what type of exercise to do
- 2) Researching the location of warm water swimming pools
- 3) Determining at what level exercise they can do comfortably
- 4) Finding a friend to exercise with

Start setting your own small, achievable goal by completing the below action plan.

- 1) **What is one goal I want to achieve that will improve my health?** *(Think about your Why. What is something YOU really want to do, or think you should do?)*

- 2) **What is one specific step I can take to achieve this goal?** *(Think about what you already do well. What is something you can expect to be able to do this week?)*

- 3) **What?** *(Example: walk)*

- 4) **How Much?** *(Example: walk 4 blocks)*

- 5) **When?** *(Example: Monday, Wednesday, Friday)*

- 6) **How often?** *(Example: Once a day in the evening)*

- 7) **How sure am I that I can do this?**

1 2 3 4 5 6 7 8 9 10

Not Sure **Very Sure**