

SoulShine Life Connections

What is Your Why Worksheet

If you don't do any other personal development in life, take the time to figure out what your "Why" is. It will wrap your life in a bow and make it feel like you have finally figured out that this thing called happiness can be easily found. It will be time well spent to do some introspection and find out what makes you tick.

First, we start with the "what" and the "how" to get at the why.

The What:

The "What" is what you do. It's how you spend your time. It's what you do for a living. It's what people see you do. The "What" is simply the explanation of what we do every day. For example, a hairdresser might say "I cut people's hair".

The How:

How is how you are doing the "What". The "How" explains how you do your job. Again, a hairdresser might say "I work at a salon and cut people's hair".

The Why:

The "Why" is what internally motivates you to do what you do. The "Why" is the key driver and it explains why we do what we do. Let's go back to the hairdresser example. The hairdresser's "Why" may be articulated like this: "I cut hair because I love making people feel good about themselves by helping them look good". Ultimately, the "Why" is the feeling you have attached to what you do. In other words, what you strongly believe about something's importance.

Emotion is the Force of Life

The "Why" is all about emotion. Emotions are processed in your brain within the structures of your limbic system. The limbic system is linked to motivation, rewards, and learning. Therefore, when you feel strongly about something, it automatically fuels behavior and motivation. That is why it is so important to uncover that thing that gets you excited about life. When you are motivated this way, the things you feel strongly about do not feel like work. They feel more like a passion or purpose. Emotion is really the force of life.

It's Just Something I Have to Do

Your "Why" can feel like it is a pull coming from your heart and soul. That is true. There is a heart and brain coherence that translates your "Why" into a belief that is strongly felt versus a logical communication. Your "Why" is something you feel deeply connected to. It is something you would do in your spare time and would do it for free. Time seems to fly when you are working in the zone of your "Why". It is a pull that might feel like something you just have to do. It is powerful and that is why it is so important to figure out what is your Why".

