**Finding Your Why**

**As you follow these steps below, be mindful that the process of diving deep into your past, your present, and your future, could be an emotional journey for some. Take your time reflecting and do not rush the process. Reach out for a helping hand if you get stuck or start to feel confused or overwhelmed – Chaplains or your marae.**

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| --- | --- | --- | --- |
| **PAST**  ***“When you shoot an arrow, you have to pull back before you go forward.”*** | | | |
| **What are the proudest / most stellar moments of your life so far? And Why?** | | | |
| **Goal** | **Why?** | **Why?** | **Why?** |
| *E.g. Traveling Seas* | *Saw different places* | *Learned about other cultures* | *Gained confidence to help others* |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **FUTURE**  ***“Your passions and desires come from your goals and dreams.”*** | | | |
| **What are Dreams/Goals for your life? Would like to be remembered by? What are you striving to accomplish? And Why?** | | | |
| **Goal** | **Why?** | **Why?** | **Why?** |
| *E.g. Masters Degree* | *Increase knowledge* | *Attain greater teaching ability* | *To help others learn* |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |

**PRESENT**

**Take some time in this stage to really think, to reflect, on your current situation. What do you do? What are some “verbs” that describe what you currently do?**

|  |  |
| --- | --- |
| **Why do you work where you work? What is the real reason or the root cause? Ask yourself the 5 whys. Each answer to why? forms the basis of the next why question. Try to make your answers more precise as you go deeper and deeper without jumping to any conclusions.** | |
| **Why?** |  |
| **Why?** |  |
| **Why?** |  |
| **Why?** |  |
| **Why?** |  |
| **What do you love to do? If there are a lot of things that come up for you when you ask yourself this question, try to narrow it down by asking yourself this question: What do I feel qualified to teach other people? Try to narrow it down to one or two words.** | |

**YOUR WHY STATEMENT**

**Once you boil down your PAST, PRESENT, & FUTURE Themes for your “WHY” will come through.**

**Take your time, this is a process. Think about the meaning behind the words themselves. If you feel emotional about your WHY statement, you are in the right place and you have discovered your cause, your belief, your purpose.**

**TO SO THAT.**

**(Contribution) (Impact)**

**Your unique WHY statement will guide you as you seek to make an impactful contribution. Your impact reflects the difference you want to make in the world and your contribution is the primary action you take.**