

Find Your Why Worksheet

Name: _____ Gender: _____

Age: _____ Date: _____ dd / mm / yyyy

Instructions: Explore your personal purpose and discover your "why." Take time to reflect on each question honestly and thoughtfully.

1. What activities make you feel most alive and fulfilled?

2. When do you feel like you're making the most meaningful contribution to others?

3. What are the core values that guide your decisions and actions?

From the above prompts, use your reflections to fill out the Golden Circle below, starting with your "Why." The Golden Circle model, devised by Simon Sinek, emphasizes starting with "Why" (your purpose), followed by "How" (your process), and "What" (the outcome or result of your actions).

Why:

How:

What:

Reference: Sinek, S. (2009). The golden circle. <https://simonsinek.com/golden-circle/>