

YOUR WHY: SURVEY YOUR WORLD

As you think about your why, we'd encourage you to start with the following questions. Do a quick survey of your world and what it has to teach you. Ask yourself:

1. When I'm the happiest at work:

- What have I done?
- What impact have I had?
- What does my work contribute to?
- Then consider, why do I do this work?

2. When I'm most content with my home life:

- What have I been doing?
- Who have I been with?
- What impact have I had on my surroundings and the people in my world?
- Then consider, why do I feel best under these circumstances?

3. When I am out in the world:

- When do I feel engaged and involved?
- Who do I most enjoy being around?
- What am I doing when I'm most satisfied?
- Then consider, why do I gravitate to these experiences?

Once you've answered questions about work, home, and world, see if you feel more confident in describing your why.