

YOUR OVERALL WHY

The purpose of this worksheet is to help you define your passions, your purpose and your Overall Why by walking you through your ideal life. This Overall Why will be your motivation for future life choices.

What Things are the most important in your life?

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What do you gain the most joy from?

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What activities make you proud? Happy?

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If you could plan your perfect day what would it entail?

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Think back to the last time you felt happy/at peace/purposeful.
Where were you? What were you doing? Who were you with?

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List three words to define your ideal life.

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