

# My Why

## Create Your Mission Statement

Think about what you want to have and do in your life & who you want to become.

Ask yourself the following questions and make a mental note of the first things that come to mind. Don't censor yourself!

Next, jot down some of those thoughts below:

What motivates me?

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What does my family need or want?

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What would I change—is there something I'd like to eliminate?

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What would I do if time and money were not an issue?

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Who inspires me? (Identify a role model)

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What do I want to have or have more of in my life?

(It could be anything from free time, flexibility, or financial security)

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How would having these things impact my life and the life of my family?

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What is something I would like to DO? Maybe it's for the first time ever, more regularly, or differently?

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How do I view myself now? What changes would I like to make? Who would I like to become?

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# Purpose and Passion Lead to Your Why

Connecting with your purpose is a proven approach to determine your **why**.  
Answering the following questions will lead to your **why**.

What is the legacy I would like to leave behind?

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What impact would I like to have?

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How would I like to make a difference?

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What is my purpose?

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What is my passion?

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Who am I?

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When things get hard or I question my ability to do this, I will remember my **why**:

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