

RECONNECT WITH YOUR WHY WORKSHEET

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HOW TO USE

Your "why" is your driving purpose—the deep reason behind everything you strive for.

Reconnecting with it can reignite your passion, strengthen your motivation, and clarify your direction.

"The soul which has no fixed purpose in life is lost;
to be everywhere, is to be nowhere."

Michel de Montaigne

This worksheet is designed to help you uncover or rediscover your "why" so you can reignite your passion, purpose, and power.

INSTRUCTIONS

#1: Set Aside Quiet Time

- Find a calm, distraction-free space where you can reflect deeply.
- Spend 15-30 minutes working through the worksheet.

#2: Work Through Each Step

- Follow the prompts in order, giving yourself time to think, feel, and write. Don't rush—this exercise is about uncovering meaningful insights.

#3: Be Honest With Yourself

- Write authentically. Your answers should reflect your true feelings and desires, not what you think they should be.

#4: Use Your Imagination Superpower

- Engage your imagination when visualising your future self. Close your eyes and picture the life you aspire to live.

#5: Review & Reflect

- Once completed, read through your answers. Look for patterns or themes that reveal your deeper motivations and values.

#6: Keep It Accessible

- Place your worksheet somewhere visible—like your journal, planner, or workspace. Revisit it regularly to stay aligned with your "why."

#7: Take Action

- Use your insights to create small, actionable steps that honour your "why" daily. This isn't just about reflection—it's about transformation.

"Reflect on your present blessings, of which every man has many;
not on your past misfortunes, of which all men have some."
Charles Dickens

WEEKLY REFLECTION WORKSHEET

#1: REFLECT ON YOUR CURRENT GOALS

- What are your top three goals right now?
 - 1.
 - 2.
 - 3.
- Why are these goals important to you?
- How do these goals align with your values?

#2: DIGGING DEEPER INTO YOUR WHY: "THE 5 WHYS"

Choose one of your current goals and ask yourself "why" five times.

Example Goal: Start a healthier lifestyle.

- Why? To feel more energetic.
 - Why? So I can enjoy activities with my kids.
 - Why? To be present and supportive as they grow.
 - Why? Because family is my priority.
 - Why? It fulfills my deepest desire for connection and love.
-

Now try it with one of your goals:

Goal: _____

- Why?

 - Why?

 - Why?

 - Why?

 - Why?
-

You may like to purchase "The Winner's Way", a gratitude journal to unlock the power of positivity and personal growth.

[Read more >>](#)



★★★★★

THE WINNER'S WAY

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SCOTT ZARCINAS M.D.

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#4: ALIGNING ACTIONS WITH YOUR WHY

List three specific actions you can take this week that align with your "why":

- 1.
- 2.
- 3.

5: CREATE A WHY STATEMENT

Summarise your "why" in one or two powerful sentences:

"My why is

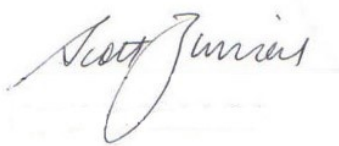
Because

CONNECT

Have fun with this strategy and let me know how it goes!

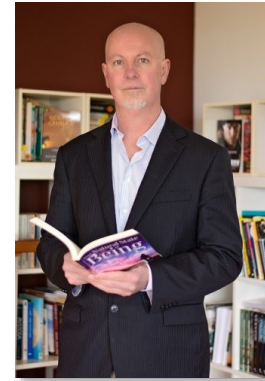
Connect with me on [LinkedIn](#) or reach out at scott.zarcinas@doctorzed.com

Yours Truly,



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Books by Dr. Scott Zarcinas



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