

Dream Big- finding your root why.

What would you trade your life for?

You are trading you life for something as we speak: this program.

Is it helping you towards what you REALLY want in life?

We go to work and trade our life for a paycheck, is it REALLY what we want?

What are your dreams?

Where are your dreams today? _____

Are you living them? _____

Are they on a shelf collecting dust? _____

What caused you to put them up there? _____

What is stopping your from pulling them back down again? _____

What would happen if you did pull them back down? _____

What would happen if you didn't pull them back down? _____

7 layers of why: Pick one of your dreams- could be any one. Ask yourself why you want that and answer it seven times.

Example-

I want a million dollars.

Why? So I don't have to worry about money.

Why? So I can live the life I want.

Why? So I can enjoy life.

Why? So I can do what I want with my family.

Why? So we can enjoy our time a live life how we want.

You get the idea.

Finding your root why takes the above process to a much deeper level and really brings to surface the root reason of why you do what you do. The root why may encompass more than one why and more than one purpose.

Finding your Root Why exercise.

Take a purpose and ask why until it feeds back into the previous whys and you can't ask why anymore.

Here is an example:

Why do you do what you do?

To dream bigger.

Why?

To envision a fuller life.

Why?

To grow.

Why?

To earn more money.

Why?

To pay for things I want.

Why?

So I can enjoy them with my family and friends.

Why?

So they can create memories.

Why?

Quality time with people we love.

Why?

Strengthen relationships.

Why?

Create experiences.

Why?

To dream bigger.

Why?

To invasion a fuller life.

As you see that when we got to the bolded and underlined why the process repeated and therefore that one became the root why. It is the why that ties back to all the other whys. Every why and root why will vary for each person. Go through this worksheet as many times as you need to begin to understand and focus in on your root why.

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