



Reconnecting With Your Why

— Workbook —

INSTRUCTIONS:

Find a place where you can be alone and take time to reflect on the questions below. It would be helpful to clear your mind before beginning by taking some deep and intentional breaths, doing a meditation, taking a walk and/or doing something that brings you joy. Some questions you may want to reflect on and ponder for a few days.

Defining Success:

For many people, their definition of success is what drives their every move.

1a. What is your definition of a successful life?

Note: If you find some of your responses need assistance to interpret, ask us for help at info@sevallearning.com. We'll give you a free 30-minute discovery session with one of our coaches.

Your definition of success might be what's limiting you. In truth, it may not even be your definition, but rather one you've inherited from your parents, family, friends, society, etc. Maybe your definition of success no longer aligns with who you truly are as a person. Take some time to reflect and then answer the question below.

1b. Imagine yourself in your final days on earth. What is it about the life you lived that makes you truly happy?

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2a. Finding Your Spark:

Did you know that what you are meant to be doing for your career/work is closely aligned with what you love and are passionate about? If the words passion and love are too much for you to consider, then explore your curiosity. Take a few minutes to reflect on the questions below and answer the ones that feel best for you.

- What do you love?
- What are you passionate about?
- What gets you excited?
- What is important to you in your life?
- What captures your curiosity?

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2b. What brings you joy and makes you truly happy?

2c. What do you like to do for fun?

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Loving What You Do:

Work has become synonymous with a paycheck. In the United States, people live to work and yet they often despise their jobs. Other places believe you work to live your life and you don't have to love or even like what you do. What if you could do what you love and actually get paid well doing it? Take a few minutes to reflect and then answer the questions below.

3a. Using your current job position description (or one similar), list each of your responsibilities in priority order, from what you love the most to what you like the least.

1.	6.	11.
2.	7.	12.
3.	8.	13.
4.	9.	14.
5.	10.	15.

3b. If you had unlimited resources (money & time) and you didn't have to maintain your current responsibilities, what would you do?

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Letting Go of Your Fears and Facing Your Challenges:

Most people stay in jobs they don't like because their fear of failure and/or the unknown outweighs their desire to try new things. Maybe what frightens you just might be what you're meant to be exploring.

4a. If you knew failure was impossible, what would you do?

4b. What scares the heck out of you, causes you tension and/or challenges you the most?

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Identifying Your Gifts:

All people have unique gifts and talents they're meant to bring into the world. For some, their gifts are obvious and come easily, while others spend their lives searching for them. To make things simple, your gifts are what you are here to learn, in other words, your life lessons. Our life lessons are things (often challenges) we must overcome. Take a few minutes to reflect and then answer the following question.

5a. What are you great at, or at least pretty darn good at?

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5b. If there was one thing you could change about yourself, give up, let go of or get over, what would it be?

5c. If you were given \$100 million to do something good for the world, what would you do?

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5d. If you had \$10,000 month to pay for your own personal, spiritual, professional development and growth, how would you spend it (e.g., types of training, education, workshops, coaching, arts, music, etc.)?

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6a. Visioning Exercise:

For this activity, complete the following: **1.** Find a quiet space and connect with your breath and heart. **2.** Envision your perfect week (on a daily basis) in detail and be specific. **3.** Incorporate the following questions to describe each day:

- How does each day look and feel?
- What are you doing and creating every day?
- Who are you connecting with each day?
- What are you doing for fun?
- How and when does your day start?
- Where are you working and spending time?
- What are you bringing into the world?
- How are you growing?

Monday:

Tuesday:

Wednesday:

Thursday:

Note: You may find that some of your responses to these questions may require some assistance to interpret. If so, send responses to info@sevallearning.com and request a free 30-minute discovery session with one of our coaches.

6b. Visioning Exercise (Continued):

For this activity, complete the following: **1.** Find a quiet space and connect with your breath and heart. **2.** Envision your perfect week (on a daily basis) in detail and be specific. **3.** Incorporate the following questions to describe each day:

- How does each day look and feel?
- What are you doing and creating every day?
- Who are you connecting with each day?
- What are you doing for fun?
- How and when does your day start?
- Where are you working and spending time?
- What are you bringing into the world?
- How are you growing?

Friday:

Saturday:

Sunday:

Notes:

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