

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 11 – Living your “why”

According to author of “*Start with Why*,” Simon Sinek, your “Why” is a statement of who you are. Living your “why” creates a sense of fulfillment and inspiration. This means we are energized and more likely to contribute to something larger than ourselves.

In previous days, you’ve already identified some nuggets in self-acknowledgment that might help you identify your “why”, and I’d encourage you to do some core value work (if you haven’t already done so). Here are a couple worksheets I’ve found on the web that I personally think are useful options:

- Values Exercise - [CLICK HERE](#)
- Value Map - [CLICK HERE](#)

When you are clear on your core values, try doing the “friends exercise” described by Simon Sinek in this 2-minute video: [CLICK HERE](#)

Try crafting your “Why” Statement:

<p>My “WHY” is</p> <p>To _____ (Contribution) _____</p> <p>so that _____ (impact of your contribution) _____</p>
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Here are some samples if you are stuck:

“To inspire people to do the things that inspire them so that, together, we can change the world.”
-Simon Sinek

“To push myself to be the best version of myself so that I know my mom is smiling down on me.”
- Colby West (www.trackinghappiness.com)

“To build relationships so that we enrich the lives of others.”
- La Marzocco (Italian espresso machine company)

Looking forward to growing with you!

- Molly K.

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