



## Finding Your Why Exercise (page 25-26)

Take a deep breath and think about your why for a moment. Whatever makes your heart soar is your why, your constant guiding light leading you in the direction you want to take. If you find this tricky, think about what you don't like, what you don't want to do, or what makes you grumpy, and turn this around. Answer the questions below.

What makes me smile?

When do I feel at my best?

What inspires me to get up in the morning?

What's my ambition?



What do I enjoy doing?

What do I feel passionate about?

What qualities do I admire?

Who will I become when I have the freedom to breathe again?



When you've finished, write your 'why' on a post- card or cut below and stick it somewhere you'll see often, like your fridge or on your computer monitor.



**MY WHY**

