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GUIDE TO “TAKE CONTROL OF YOUR DAY” TOOLS

HABIT TRACKER

Uncover Your Big WHY

This guide will help you'll identify your WHY or your purpose for creating a habit but more importantly this thing that drives you to get up in the morning (besides your kids screaming).

Knowing your purpose is energizing — it provides you with clarity to make quick decisions and the tenacity to stay motivated. It is also the key to experiencing lasting happiness in your life. Lasting happiness is not found in a specific accomplishment, and you probably already know what I'm talking about. I'm sure you've wanted something so bad, but when you achieved it the thrill from the accomplishment faded fairly quickly. The achievement may have given you a buzz but it didn't really leave a lingering flavor.

That is because lasting happiness or joy is found in the journey — with its accomplishments and occasional failures — one which has meaning, because the journey resonates with your purpose. Even without stating your purpose, your unconscious mind has been pulling you in that direction placing you on a journey that matters to you. To use the metaphor of the [Rider and the Elephant](#) from Jonathan Haidt's The Happiness Hypothesis, your emotional, automatic elephant makes decisions that your rational rider may later justify in different ways. Ultimately, the elephant is always in control even if the rider doesn't know it. If an elephant goes where the rider directs it, it's because the elephant wants to go there.

To uncover your Big WHY, you will have to give your rational rider a break. Once you know what your WHY is, your rider can get back on and work with your elephant to barrel down the path that matters to you.

EXERCISE 1: WHAT MATTERS MOST

1. Off the top of your head, list 4–5 specific activities you are passionate about. These could be activities for your business, with your family, your community, a hobby, a sport—any combination will do. Don't rank them or dwell on them. Just jot down whatever occurs to you first.

Examples: Turning a client's requirements into something their entire company can get excited about. Or Experiencing something new with my daughter that ignites her imagination.

2. Quickly list **4–5 outcomes** you are passionate about. These could be related to work, family, your community, the planet, people in another country, etc. Don't overthink it. If you feel stuck on whether or not you are passionate about something, skip it for now and move on to something that does stand out as important.

Examples: Saving the Sea Turtles, Providing Athletic Equipment to Needy Schools

EXERCISE 2: FIND THE LINK

1. Quickly circle the one activity and outcome that means the most to you. Remember that your rational brain is on break. Don't think about it, just go with your instincts.

2. Now answer the question, ***“What’s the ONE Big Thing that means the most to me in the world, that by doing it everything else would be easier or unnecessary. What I would do if I money was of no consequence?”***

You are finding a connection that you may or may not have been aware of between your activity and cause. ***“My WHY is to outcome through activity.”*** You can mix it up if you want to. ***“My WHY is to activity with outcome(s).”*** Or maybe in the combination of the two you realize that your purpose is a simple overriding statement.

Your WHY doesn't have to be perfect. Just get something in writing for now.

“My WHY is to teach my daughter that protecting the oceans and sea life is our right and responsibility”

EXERCISE 3: EXPAND YOUR WHY

1. Read your WHY. How does it align to your goals personally (family, community, you), your business (career, non-profit, side gig) and physically (mind, body)?

2. Using the steps above and in each of these goal categories, reword the ONE Big Thing as it relates to these categories, ideally they will overlap:

Personal WHY:

Business WHY:

Physical WHY:

3. Add this to the tracker for week one. You may decide to focus on one or all but tie it into the habit you choose to track. After a week or two, measure your results and in time, if you develop a different answer, revise your WHY.

*[Add the BIG Why to Your Daily and Weekly Trackers in the **BIG WHY** field(s)]*

EXERCISE 4: MEASURE YOUR SUCCESS

1. Use the daily scorecard to give yourself a score of 1-5 on the following categories, 1 is definitely room for improvement. 5 your giving yourself double high fives. Rate yourself each evening on the given categories as explained here. (The goal here isn't to be perfect; its to become more self-aware every day about the habits that matter most in helping you fulfill your BIG WHY)

- ✓ **Clarity** - I knew my “WHY” and lived it intentionally today
- ✓ **Productivity** - I worked on the habit that I set out to
- ✓ **Energy** - I managed my mental, physical and spiritual energy well.
- ✓ **Influence** - I was positive in guiding other today
- ✓ **Necessity** - I did what was necessary today to fulfill my WHY
- ✓ **Courage** - I was authentic in sharing my thoughts and feelings today.

2. At the end of the week take your overall average. You can use this to measure your success in fulfilling your Big WHY week to week.

| | Habit/Goal | SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------|------------|-----|-----|-----|-----|-----|-----|-----|
| Business: | | | | | | | | |
| Personal: | | | | | | | | |
| Physical: | | | | | | | | |
| Other: | | | | | | | | |

Daily Scorecard (1-5)

Clarity

Productivity

Energy

Necessity

Influence

Courage

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it's to become more self
aware every day about the
habits that matter most in
help you fulfill your big WHY*