**Find Your "Why" – Interactive Worksheet**

**Step 1: Reflect on Emotion + Impact**

* What problem in the world deeply frustrates or saddens you?
* When do you feel most alive, useful, or proud?
* What kind of people or causes do you naturally care about?
* What would you still be passionate about even if you didn’t get paid?

**Step 2: Recognize Patterns**

* What compliments or feedback do you hear most often?
* What’s something you’re always helping others with?
* What challenge do you actually *enjoy* solving?

**Step 3: Revisit Your Roots**

* What were you known for as a kid or teen?
* What did you always get excited to do growing up?

**Step 4: Visualize the Future**

* Imagine your ideal day 5 years from now. Who are you helping and how?
* What would you love to be remembered for?

**Step 5: Craft Your “Why” Statement** Use this fill-in-the-blank formula:

"My why is to [action] for [who] so they can [impact]."

✨ Example: “My why is to help first-gen students land confident careers so they can build generational wealth.”

✅ Bonus: Share your “why” in a Reel or Story and invite your followers to comment theirs!