

Know Your Why

Participant workbook • Purpose — The King

A companion to Michael Jr.'s video

Explore how purpose can bring authenticity, passion, and impact to what you do. You will observe the singing demonstration, connect it to your own experience, and choose an everyday action through which to express what matters to you.

Name _____ Date _____

Before you watch

Name one activity you do regularly. What usually motivates you to do it?

Watch and notice

Watch Know Your Why by Michael Jr. on the website. Pay attention to the music director's two performances of Amazing Grace.

1. What stayed the same in the two performances?

2. What changed? Describe what you heard or felt.

3. How does Michael Jr. use that change to explain knowing your why?

When meaning becomes personal

The music director could sing in both performances. Michael Jr.'s second request invited a more personal and emotionally expressive performance. He uses the difference to illustrate how knowing why can change the way we do what we already know how to do.

Look more closely

What made the second performance more powerful to you? If you experienced it differently, explain what you noticed.

Connect it to your experience

Choose an activity you know how to do. Recall a time you were simply getting it done and a time you felt connected to why it mattered. You can use ordinary experiences; share only what you choose.

The activity I am thinking about is

When I was simply getting it done, my attention, effort, or attitude looked like this

When it mattered personally, my attention, effort, or attitude looked like this

What difference might someone else have noticed?

Consider this: Strong emotion is one way meaning can become visible. Purpose can also show through quiet patience, careful preparation, or dependable follow-through.

One purpose in everyday life

Michael Jr. explains that inspiring people to walk in purpose can guide his comedy, books, and acting. His example invites us to explore how one purpose might find expression through different activities.

Name something that matters to you

You can begin with a value or contribution you care about, such as helping others learn, making people feel welcome, or bringing care to your work. Your answer can develop over time.

Something I care about contributing is

Explore three expressions

1. At home or in a close relationship, how could that purpose shape something I already do?

2. At work, at school, or in a regular responsibility, how could it shape my actions?

3. In my neighborhood or community, how could someone experience that purpose through me?

What connects these three expressions?

Let someone experience the difference

Choose one ordinary activity you will do in the next seven days. Decide how remembering why it matters could shape your behavior. Keep the action small enough to try and specific enough to notice.

My practice plan

The activity I will do and when I will do it

Why this activity matters to me and who may be affected

One visible action I will take because I remember why it matters

Example: I want my family to feel heard. During our next meal together, I will put my phone away and listen without interrupting.

After you try it

What did I actually do? What changed in my attention, effort, or behavior?

What response did I observe, if any? What remains unknown?

What did I learn, and what will I practice next?

Optional conversation: Share one discovery with a partner or group. Listen for how different people can express purpose through ordinary actions.

Video source: Know Your Why | Michael Jr. • youtube.com/watch?v=1ytFB8TrkTo

Original reflection questions and activities developed for Raising Royalty by I'm Third Enterprises. Companion workbook independently developed by I'm Third Enterprises.