



Own Your Why: Get Clear on Your Purpose

Your purpose is unique to you. **No one else has the same mix of experiences, knowledge, values, gifts, and dreams as you.** No one else can offer the world exactly what you can.

The truth is that few people think extensively about why they do what they do. But when you own your why, things start changing for you. So in order to think like the world's best, you need to plug into your bigger purpose and own it. Consider how what you do and want to do helps, inspires, or provides for the people and places that are important to you.

It is easier to stay fueled when you know how you contribute to the lives of others. Then, decide to "Own Your Why" daily.

Step 1. Write down what you do, all the various roles you hold, and the activities you enjoy. This might be a student, a sister, a daughter, a friend, a member of the choir, or an athletic team, etc.

Step 2. Consider why you do what you do as you think about the various roles you hold in your life and the activities you enjoy. Think about the good that comes from what

you do. Consider the ripples you create when you do good work and follow your passions. Who do you help and inspire? How does what you do impact the people around you, your community, and the world? Answer the prompt “I do what I do so that . . .” six times.

I do what I do so that _____

I do what I do so that _____

I do what I do so that _____

I do what I do so that _____

I do what I do so that _____

I do what I do so that _____

Step 3. Place a star by the most important “So that . . .” answer above that could inspire you.

Step 4. Now, write your “Why” in a single sentence below, reflecting on your “So that . . .” answers from above.

Step 5. Consider how you can “Own Your Why.”

Owning your why involves three steps:

1. Sharing your “why” to your family and friends
2. Using your “why” to inform daily decisions such as what to say “no” and “yes” to
3. Reminding yourself of your “why” daily

In what ways will you commit to “Owning Your Why”? Maybe you could remember your why as you come to school, or put your why somewhere in your room or in your planner.

Everyone has a unique why. Without a clear connection to your why, you can get off track, burn out, and forget to make your why a priority.