

Discover Your Why

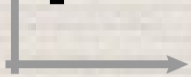
A Deceptively Simple Exercise



You will need:

- blank sheet of paper
- something to write with
- quiet space
- quiet mind

1



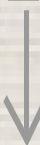
Breathe in

.....

Breathe out

.....

2



Focus your thoughts
and energies inward

3



ask
yourself
the
question...



What
do I
really
care
about
in
life



4

Search, and you will find
things that move you,
things that make you feel.

Write those things down
as they come.

Write as many things down
as are relevant to you
right now.



write down 20 things...

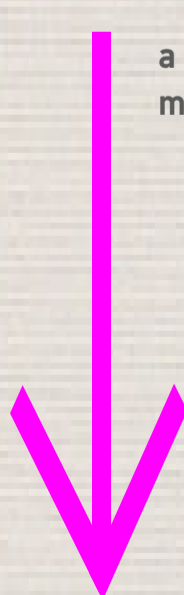
100 things

5

a few might stir something up,
might even bring you close to

tears

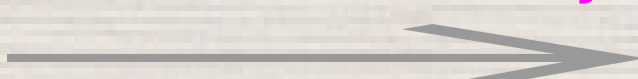
as you realize
your true passions.



focus on those few

make room

Pursue Your Why



Angie

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