



Finding Your "Why"

Rekindling Your Passion for Life





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5 Reasons you lost your "Why" & How to Fix them

What went wrong? Everything seemed to be going so well. Suddenly, you're lacking motivation, everything seems stale, and you have no idea what you were even trying so hard to do. In short, you lost your "Why," and now you're drifting and trying to figure out where you went wrong.

Cheer up! The truth is, whatever happened, you can still fix things.

Your Confidence wasn't there

When you start doubting yourself, you're likely also doubting the things you believe. After all, how can you get something so important as a "Why" right when you're going wrong in every other area of life?

The problem is that self-talk is critical to success. When you start letting negative voices take over your thought process, everything falls apart.

Thankfully, this is easy to fix going forward. You start by paying attention to what you're thinking or saying about yourself and consciously try turning negative comments into positive ones.

Do it enough, and it'll become a habit.

The "Why" was Muddled



When you need more clarity about what you're fighting for, it's easy for you to lose your way. Take a minute to consider your "Why" critically.

Was it open to interpretation or vague in some way? Moving forward, take time to craft a mission statement, and you'll know you're solid from the start.

You Dream BIG

There's nothing wrong with big goals and ambitious ideas regarding your "Why," but they can quickly overwhelm you if you're not careful. Consider dialing it back a notch, taking the big goals, and breaking them into smaller, more manageable ones. If your "Why" is too broad, you might consider homing in on the core for now. You can continually expand things later. So, "dream a little dream" and make your prospects more manageable.

You Didn't Take Care of Yourself

There's no way even the best "Why" can carry you if you're not getting enough sleep or neglecting your health. Make a point to eat right, exercise, and set a sleep schedule to ensure you get your rest. When you feel better, you'll have more energy and enthusiasm for your "Why."

You Lost Patience

Quitting because something was taking too long is a common mistake. Your "Why" might involve some goals which take a while. To keep energy during your motivations, try revisiting the big picture through visualization to remind yourself what you're fighting for. Add a reasonable timeline to expect success and settle in for the long haul.

As you see, with some work, you can get back your "Why." The key is to learn from what's happened and to move on. You've got this!



5 Actions to take to Identify Your WHY

Have you ever wondered why some people seem to have so much energy and enthusiasm for the day while you're just dragging along trying to get through the day?

You'll find the answer by looking at the motivation of the people involved. Those who accomplish a great deal in the day generally have a strong sense of purpose. They know what they're working toward and strongly understand why.

The good news is that you can gain this same energy by determining your own "Why." It's easy to find. Just exploring these five ideas will get you there!

Start with your Interests

Is there something you've always been passionate about? What types of activities appeal most? What do you think about and look forward to when you're busy with tasks that don't require much thought?

Typically, your "Why" is linked to these things.



Revisit your Past

You have likely had another "Why" or two in your past already. Think back to when you were excited to start the day and couldn't wait to jump into a particular project. What kind of "Why" was this? How long did this interest captivate you? What happened to it? You might find a new "Why" tucked into the memories of the old.

Put it in Writing

When you journal, you can work out your thoughts on paper. Take some time to write about what interests you and why. Take your time exploring old memories and new ideas. Do this several times weekly, then set the journal aside for a few days. Once you've gained some distance from your writing, go back, and read everything you wrote. What jumps out at you? What strikes you as the most interesting?

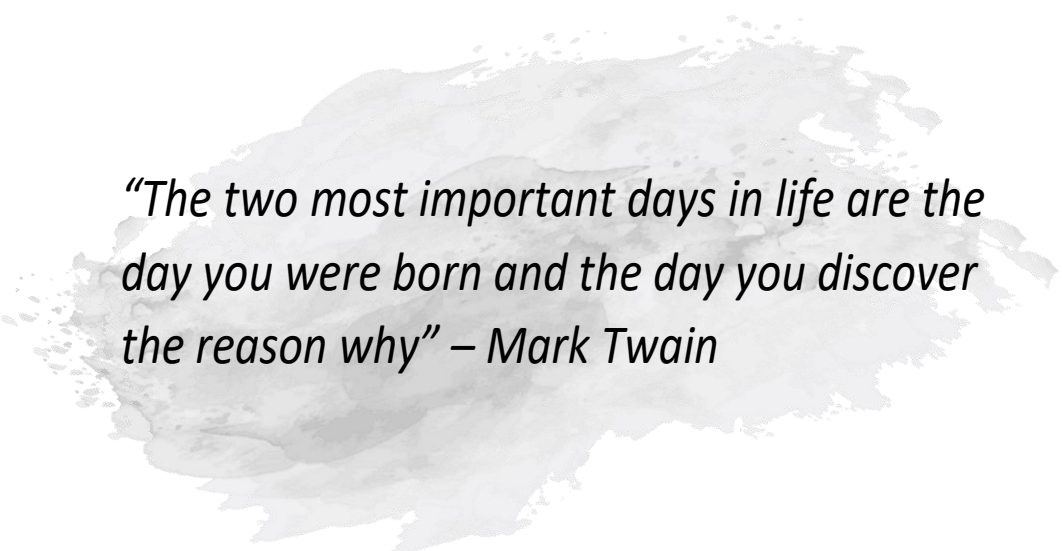
Talk to Those “in the Know”

There are specific individuals you can trust to know you better than you know yourself. A parent, spouse, best friend, or even a co-worker you've known for years can all serve this purpose. Ask them for their opinion. Sometimes all it takes is someone who isn't close to the problem to see what you're unable to do.

What About Your Beliefs?

We all carry with us our own set of values. Think about the things which have formed your moral compass. What kinds of things trigger strong emotions in you? What causes do you find most important? What gets you upset or angry? These might be causes worth fighting for.

When you put all this information together, magic happens. You start to see the patterns. The things you repeatedly return to tend to hide the "Why" you desperately seek. All you need to do is pull it out and hone it a little until it feels just right for you. Everything else will fall into place from there.



“The two most important days in life are the day you were born and the day you discover the reason why” – Mark Twain



5 Actions to Take When You're Losing Your WHY

We realize it the moment it happens. One morning you wake up dragging a little bit. The next, you hit the snooze alarm. Twice. The day looms in front of you, and all you see is the To-Do list you left yesterday, with more additions at the end, making it seem like you're just running in place, forever going nowhere. Life has become strained. Stressful. Dull.

What happened to your “Why”?

There comes a time when any purpose you have in life starts to feel like it's not enough. Sometimes it's because you've had too many setbacks. Or maybe you've been grinding along at the same task for too long. Whatever the case, it's up to you to get it back – fast! How?

Be Careful of the Past

Are you painting too rosy a picture of where you were before? You might need a small reality check. You've had ups and downs, both good and bad days. So don't panic or start beating yourself up if things aren't going well. Doing so is only going to create unnecessary panic.

Put Failure in its Place

Sometimes we start flagging after a disappointment or some failure. It's essential to separate yourself from negative events. Sometimes things go wrong. Learn what lessons you can from experience and move on.

Consider what you've just done

Are you still on the right path? Sometimes we start lagging when we do something that ultimately compromises our values or veers away from the vision. Examine your last steps and see if you can discover where things started going wrong.

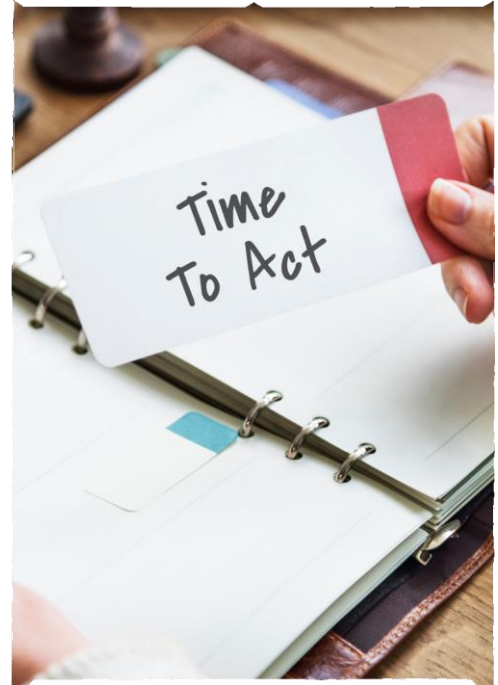


Remember the Vision

Take some time to think about your "Why." There was a reason you felt passionate enough about this once to make it your driving force. Revisit the thought process and see if you can rekindle some of the same excitement.

Do the Next right Thing

The important thing is to keep moving. This is especially true if your energy is down, and it isn't easy to feel motivated. The key here is to avoid overwhelming yourself with a massive game plan. Instead, focus only on the next logical step. The important thing is not to allow yourself to stop to keep at least some kind of forward momentum in play.



In the end, by paying attention to what you're doing and considering your next moves with intentionality, you should be able to put yourself back on course.

Hang in there!



6 Steps to Find Your "Why" at Work

How do you feel about your job?

If things have been dragging lately, and you're coming to experience more dread than delight over Monday mornings, it might be time to take a long, hard look at what you believe.

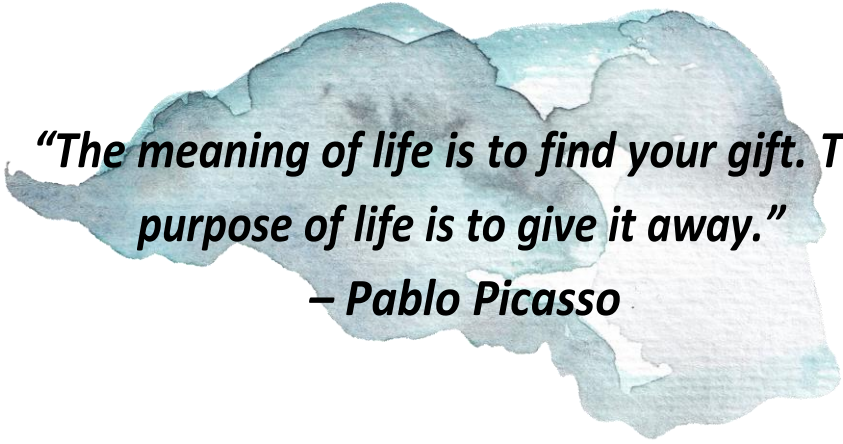
The problem with finding a "Why" at work is that not every job speaks to every person. Sometimes we take a position solely to earn money to pay the rent. Unfortunately, this is fast becoming the status quo, with only 20% of employed people genuinely passionate about their work.

Does this mean your job is a lost cause just because it's not the career of your dreams? Absolutely not! You can still find a "Why" that will put the excitement back into your work, even if it's not your final stopping place on the career ladder.

Try these steps:

Take a Break

But don't just get away from the job. Take some time to think about how you feel about the position you're holding. On your next day off, consider where and what you're doing. Is there anything about your job that you feel means something or serves a purpose you believe in?



“The meaning of life is to find your gift. The purpose of life is to give it away.”

– Pablo Picasso

Make a List

Write down what's making your workday go wrong. By listing out the things that cause you to stress, you can look for positive solutions to improve your day. Without all the added stress, you'll find more about the job you like, giving you aspects you can add to your “Why.”

How are you Spending your Day?

If you're always scrambling to get your work done, are there ways you can simplify to make your day easier? Try using a schedule to put your day on the track or organize your workspace in a way that streamlines the processes you do most often. Without the mess, it'll be easier to see the things which draw you, which are part of your budding “Why.”

Consider where you want to go

Okay, this isn't the big picture you're looking for. What is? As you form your "Why," you'll gain a picture of the future. Where do you see yourself? What steps do you need to take to get there? Start putting a plan in motion.

Get a Mentor

Is there someone who can help you achieve your goals? Look for someone sympathetic to your "Why" who has the skills and experience to guide you through the following steps.

Set the Plan in Motion

Nothing happens without action. Your "Why" will demand you work toward achieving the vision you're holding in front of you. As you take the following steps, remember that it will likely take time. Thankfully you'll have your new "Why" to guide you through the journey ahead.





6 Things You Learn When You Lose Your "Why"

We all lose direction sometimes.

From the time we're children, we find purpose in the things we do fairly easily. We create goals and dream big dreams almost as easily as we breathe or play with our friends. We have a "Why" from the moment someone asks us, "What do you want to be when you grow up?" for the very first time.

At some point, though, we lose our original "Why." This is normal.



As we grow, our vision of the future changes. In fact, we tend to change our “Why” fairly often. It never makes it easy, though, when we lose one “Why” only to realize we don’t have another one waiting in the wings.

But did you know this could be a good thing?

There are many things we can learn from losing our "Why." Let's look at a handful and discover just how valuable this moment can be for building your NEW "Why."

You're Still Learning

When you lose a "Why," it's frequently because the old one doesn't quite fit anymore. You've grown and have come to see yourself (and the world) in new and exciting ways. Of course, you'll need a new "Why" to embrace this new knowledge fully. Take these moments to ask yourself what new vision you now hold and how you want to incorporate this into your life.



You still have your Values

We all live by a moral code formed from a combination of beliefs, knowledge, and the previous “Why” you’ve held. Consider whether anything here has changed. Use these values to help you in decision-making as you form your new “Why.”

Express Gratitude

Your previous “Why” taught you many things and introduced you to new people and ideas. You gained so much in the time you held it. Allow yourself to embrace these things as something good which came out of your “Why.”

Find the Takeaway

Of course, your previous “Why” might have also offered some hard lessons. Rather than become caught up in feelings of failure or allow yourself to be dragged down by history, instead look for what you can learn from the experience.

Grieve

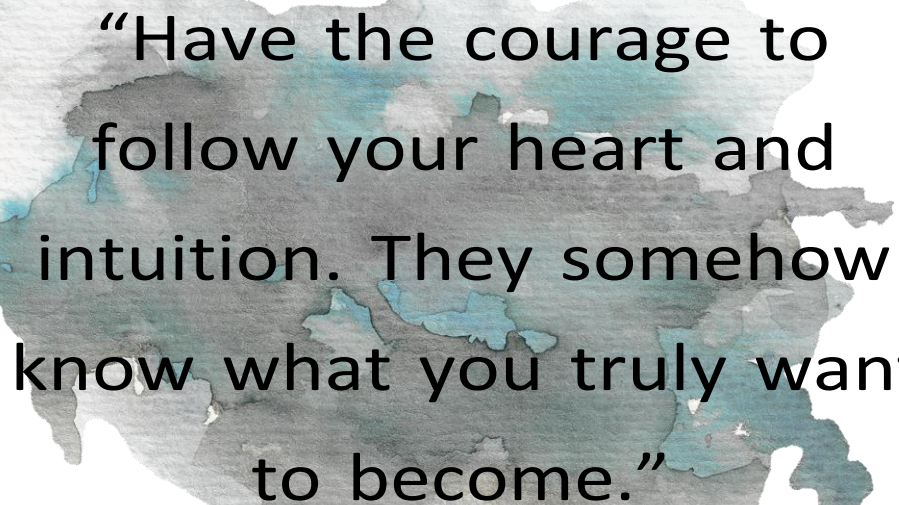
You might even need to spend some time acknowledging the sorrow at whatever you left undone with your “Why” when you let it go. This is right and natural and will help you to move on.

Trust YOURSELF

It's not always easy to allow a new "Why" into your life.

Self-doubt might even be causing you to question whether you know a good "Why" when you see it. The thing is, you know more than you think you do.

Here's where you need to trust as you embrace your new passion and finally take the plunge into what comes next.



“Have the courage to follow your heart and intuition. They somehow know what you truly want to become.”

STEVE JOBS



HI I'm Tom Beeson

I love life and all it brings. My biggest “why” of who I am is that I love people. After years of helping people connect with technology in the IT world, I discovered that I love to help people connect with themselves.

So, I became a Life Mastery Coach to help clients clarify their purpose, vision, and mission to live supercharged lives.

My approach to coaching is more practical while overcoming even the most daunting challenges. I invite you to join me while we journey together to build the best life possible.

Visit me at <https://trbcoaching.com> or find me on Facebook at <https://www.facebook.com/trbcoachinginfo> .