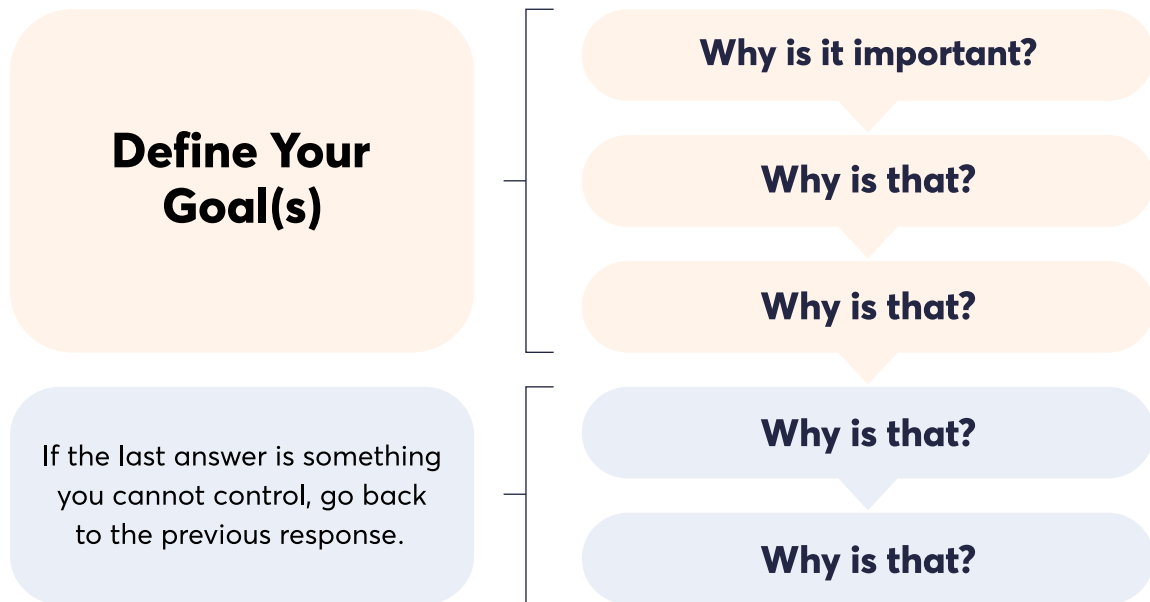


Five Why's Activity

Finding meaning and purpose in life is critical for fostering deeper and longer lasting happiness. Understanding motivation behind actions and applying unique strengths and virtues toward goals facilitates the meaning-making process. Practice the following activity to discover your "why," which can serve as a compass toward meaning and purpose while also boosting happiness!

Instructions: Pick a goal that is important to you (e.g., I want to exercise more). Then, ask yourself why this is important (e.g., it is important to me to feel healthy). Reflecting on the previous answer, use the steps below to continue asking why it is important (e.g., why is it important that I feel healthy?). Keep asking why until you discover your core motivation.



My Goal:

My Why: