

What's Your "Why"?

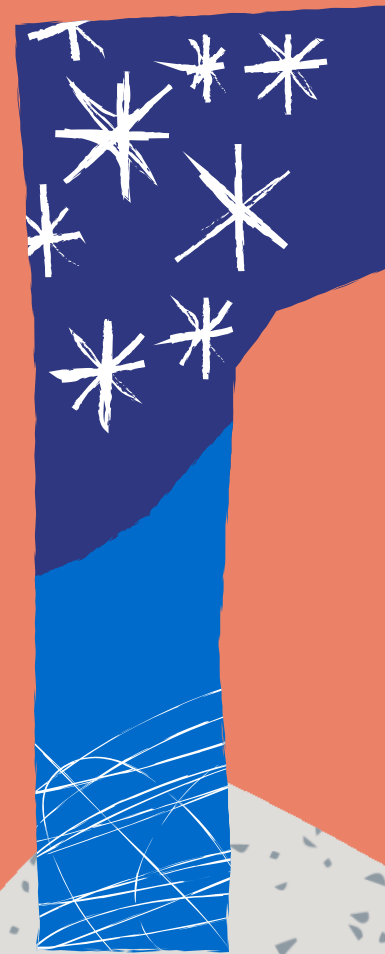
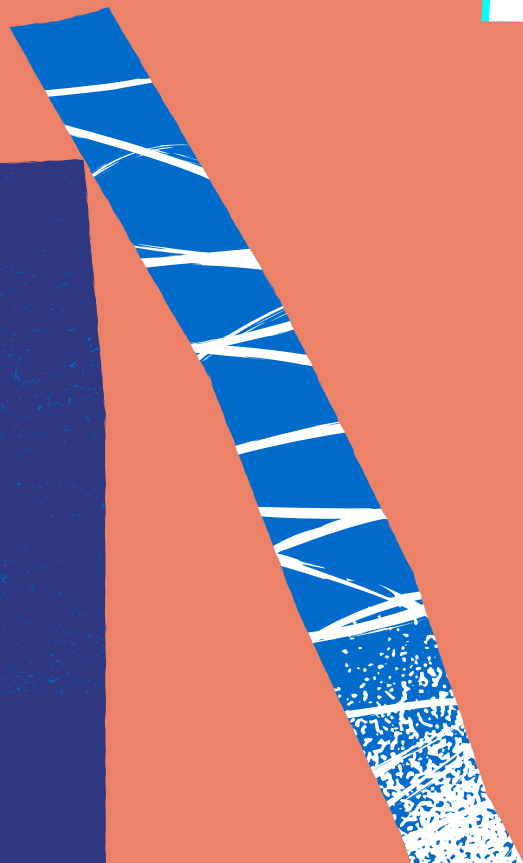
Connecting with your
"something larger"

Jen Westra



Let's start with . . .

Burnout!





Why we're actually here:

Clarity on our "why"

Things to remember...

- * No right or wrong!

- * Judgment-free zone!

- * This is just the starting point...



Recommended resource:

Burnout

by Emily and Amelia Nagoski



What's your "something larger"?



**What am I doing
when I feel most
powerfully that
I'm doing what
I'm meant to be
doing?**



**Write your own
obituary**



**Think of a time
when you
experienced a
sense of
fulfillment or
purpose. What
were you doing?**

Your "Why" Reflection Questions

- * What brings you joy, happiness and connection?

- * What are you passionate about?

- * When do you feel most at ease, peaceful and calm?

More Reflections:

- ★ If money was no object, what would you do?

- ★ What you would be doing if you only had a year left to live?

- ★ What do you want your legacy to be?

A group of five diverse women are gathered around a table in a meeting. One woman is standing and pointing at a laptop, while the others are seated and looking towards her. In the background, there is a whiteboard with handwritten notes. The scene is brightly lit, suggesting a window or large light source.

Now what?

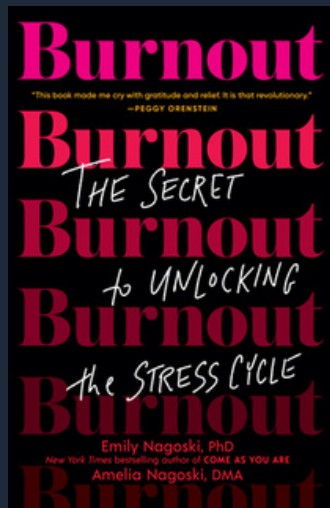
Where do we go from here?

Resources



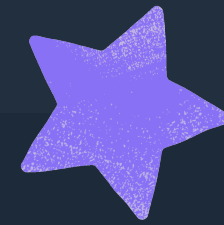
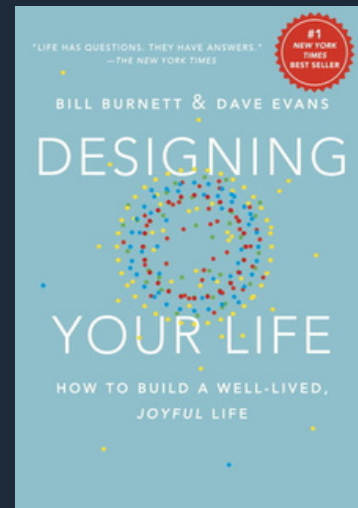
Book: Burnout

by Emily and Amelia Nagoski



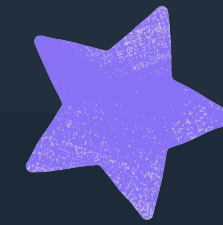
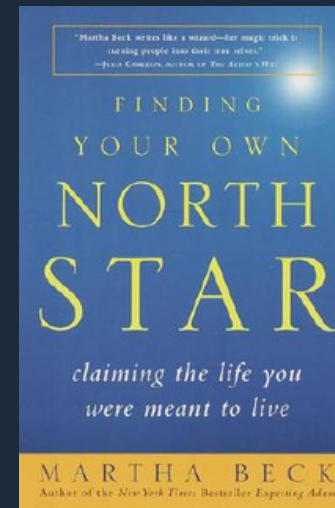
Book: Designing Your Life

by Bill Burnett and Dave Evans



Book: Finding Your Own North Star

by Martha Beck



Book: Playing Big

by Tara Mohr



Guided visualization: Your Inner Mentor

with Tara Mohr



Get in touch!



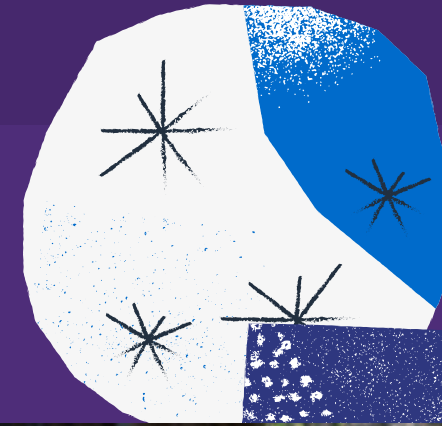
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Perfectionism Toolkit!



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Thank you!