
FINDING YOUR WHY

The Golden Circle Worksheet for Individual Goals

Introduction

We all have different goals.

Along the way, we tend to forget the reason why we are working towards a particular direction. Or maybe we do know why - but we just don't remind it to ourselves often.

Here is a worksheet that will help you achieve your goals.

The idea of the Golden Circle is taken from Simon Sinek, and prior to starting this workbook, you should watch his TED Talk first in order to better understand the science behind the Golden Circle principle.

The Golden Circle

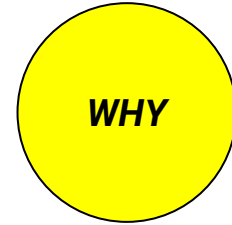
Act, think & communicate from the inside out!

WHY

Your Motivation For Pursuing The Goal

Very few people know WHY they do what they do. When finding your WHY, one thing to remember is that it's not about the money. That's a result. Your WHY is your purpose, cause or belief.

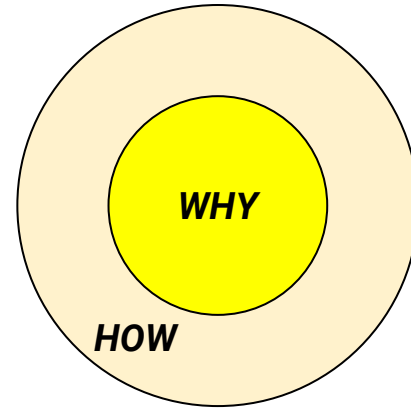
It's the very reason why you are pursuing your goal in the first place.



HOW

Your Habits

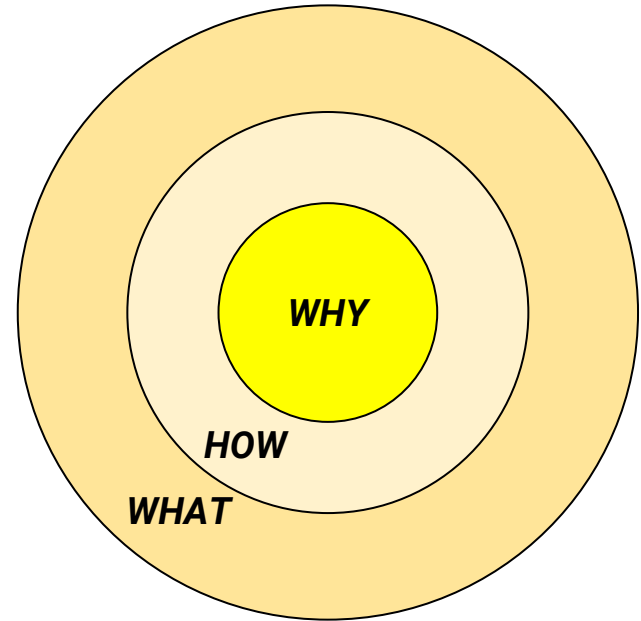
Some people know HOW to achieve their goals. These are the daily habits or routines, the baby steps, the initiatives you are taking in order to achieve your WHY.



WHAT

Your Goal

Everyone knows what they want. A medicine degree, a business, a thriving career, a million, a dream home or a car. These are the goals we always tell ourselves that we need to achieve.



—

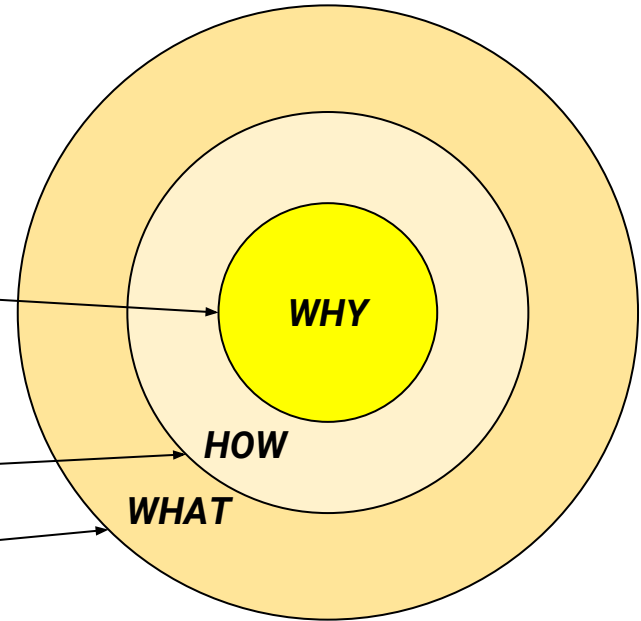
When you set a goal, you need to start with WHY you want to achieve the goal, plan HOW you will achieve it and lastly, define WHAT it is you really want.

Example #1: Apple, Inc.

Everything we do, we believe in challenging the status quo. We believe in thinking differently...

The way we challenge the status quo is by making our products beautifully designed, simple to use and user-friendly.

We happen to make great computers'

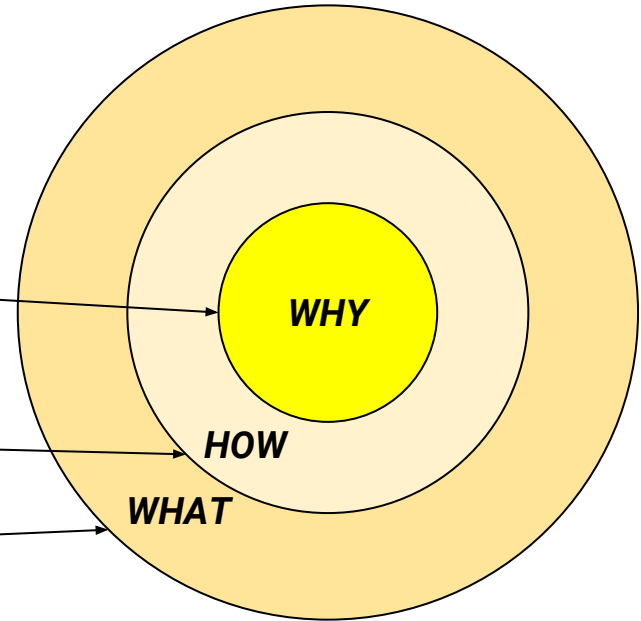


Example #2: RoselleEbarle.com

I want to be able to spend my time on things that matter most to my life and that is with my future family and kids.

I will achieve this freedom by building passive income streams and businesses.

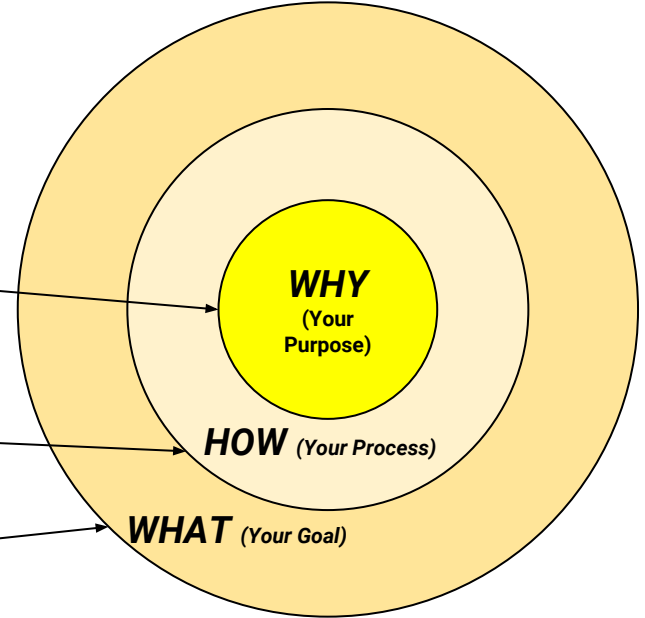
I am a digital marketer, full stack developer, public speaker and writer.



YOUR TURN!

(Fill-up your WHY, HOW & WHAT)

Three horizontal gray rectangular boxes stacked vertically, intended for user input. Each box is connected by an arrow to a corresponding layer of the diagram on the right.



Thank you for downloading this worksheet!

Remember, to always start with your WHY. It's easy to lose focus in today's world. Decide what is important to your life today.

Did you enjoy this worksheet? If yes, let me know. Else, let me know how I could have done better.

Follow me at [instagram](#), [twitter](#) and like my [facebook page](#) for more resources like this one!

[Subscribe](#) to my newsletter for content sent directly to your inbox!
