

 **Find-Your-Why**  
**WORKBOOK**

**A STEP-BY-STEP GUIDE**

**PRINTABLE**  
WORKBOOK

# WHY YOUR WHY MATTERS

This workbook is designed to help you uncover the deeper purpose God placed within you.

Your why isn't about pleasing others—it's about living fully in the unique calling God created for you.

## Scriptures to reflect on:

“For we are God’s handiwork, created in Christ Jesus to do good works...” (Ephesians 2:10)

“The purposes of a person’s heart are deep waters, but one who has insight draws them out.” (Proverbs 20:5)



# REFLECTION QUESTIONS - IDENTIFYING WHAT LIGHTS YOU UP

- What activities, skills, or talents make me lose track of time because I enjoy them so much?
- When do I feel most alive, energized, or excited?
- What do others naturally ask me for help with?
- What parts of my life or story has God used to encourage or inspire others?



# SHIFTING FOCUS - FROM OTHERS TO GOD'S CALLING

- Have I ever tied my sense of purpose to how others respond? What happened?
- How did it feel when I didn't get the response I expected?
- If my why is not about others' reactions, what is it really about?
- How might God want me to focus more on who He created me to be instead of what others think?

Tip: Your why is about who you are deep down-  
raw- the real you.



# MY WHY STATEMENT

## TEMPLATE:

“I BELIEVE GOD CREATED ME TO [VERB/ACTION + TALENT/GIFT], SO THAT I CAN [IMPACT/OUTCOME THAT ALIGNS WITH HIS CALLING].”

## EXAMPLES:

- “I believe God created me to encourage, uplift, and help women learn to speak God’s truth over themselves through coaching, so that I can help them unlock their next level of purpose.”
- “I believe God created me to create beauty through writing, so that I can bring hope and inspiration to others.”

Now write your own on the next page.



# NEXT STEPS & PRAYER

**YOUR WHY IS A COMPASS**—IT POINTS YOU BACK TO *WHO GOD DESIGNED YOU TO BE*. KEEP REVISITING IT AS YOU GROW.

## REFLECTION PRAYER PROMPT:

“Lord, thank You for creating me with a unique purpose. Help me to live boldly in the gifts You’ve given me, and keep my heart anchored in You as I walk out my why.”

