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25 | 1ST EDITION

Define your *Why*

SELF-DISCOVERY AND GROWTH
REASN INC

WHY YOUR WHY MATTERS

BEFORE WE DIVE IN, KNOW THIS: YOUR “WHY” IS THE HEARTBEAT OF EVERY GOAL YOU SET. IT’S THE ANCHOR WHEN LIFE GETS STORMY, AND THE FUEL LIKE QUITTING. THIS JOURNAL PROMPT PACK IS DESIGNED TO HELP YOU DIG DEEP, DEFINE YOUR WHY, AND KEEP IT CLOSE AS YOU STEP INTO THE BEST VERSION OF YOURSELF. WHILE WORKING THROUGH THIS I ENCOURAGE YOU TO:

- FIND A QUIET SPACE
- TAKE 10-15 MINUTES PER PROMPT
- WRITE FREELY-- NO CENSORING, NO PERFECTION NEEDED

Section 1: Reflection on Self

1. What does living a meaningful life look like to me right now?

2. What am I most proud of in my life so far?

3. If I could remove fear, what would I pursue wholeheartedly?

4. What values do I want my life to reflect every single day?

Section 2: Digging Into Your “Why”

1. What am I working toward right now, and why does it matter?

2. Who benefits when I succeed (including me)?

3. What's at stake if I don't follow through?

4. When was the last time I felt truly alive and motivated? What was I doing?

Section 3: Turning Why Into Action

1. If I had unlimited resources, how would I use them to fulfill my “Why”?

2. What small daily choices can keep me connected to my Why?

3. Write a mantra that summarizes your Why in one powerful sentence.

4. How will I remind myself of this Why when I want to quit?

Bonus Page: “Your Why Statement”

Use the space below to craft a clear Why Statement. This will serve as your personal compass.

Consider working from this template: I am committed to [goal/dream] because [reason], so that I can [impact/outcome].

Example: I am committed to building my business because I want financial freedom, so that I can create a legacy for my children and help others do the same.

This image shows a single sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.

Stay Connected

Now that you've created your why statement let's take that momentum and grow your business. Join the Mindset to Millions Movement [Here!](#)

Or check out [our community](#) to connect with some likeminded individuals.



Contact Us

We'd love to hear from you! If you have any questions, feedback, or need support, reach out using the details below:

Email: support@reasnus.org

Website: reasnus.org

Instagram: [@reasn2grow](#)

Facebook: REASN Inc