



Your 5 whys

This exercise can help you identify why your goals are important to you. Why is that useful? Well, it can open up new and unexpected ways to get what you want. Pick a goal that's important to you, and ask yourself why it's important. Then ask yourself why *that's* important. Keep going until you reach something fundamental. (It might take more than 5 iterations, or fewer.) Highlight that! Then brainstorm 5 new ways to realise that fundamental goal.

Here's an example:

My goal: Finish writing my thesis
Why? I've put so much work into it already and I can't give up now
Why? I want to prove to myself and others that I can do hard things
Why? My successes so far have come easily and I need to know that I'm strong
Why? I want to be able to aim high and get what I want in life
Why? **I am not prepared to let lack of confidence hold me back any longer**

5 new ways I could realise this fundamental goal:

1. List some uncomfortable things I've been putting off and do one right away
2. Practise saying 'no' without JADE (justifying, arguing, defending, or explaining)
3. Tell friends about my goals, instead of keeping quiet through fear of failure
4. Ask my supervisor to arrange a mentor to help provide accountability and guidance
5. Identify a fearless role model to help me approach goals more confidently

Ready to try it yourself? There's a template on the next page ...



My goal: _____

Why? #1 _____

Why? #2 _____

Why? #3 _____

Why? #4 _____

Why? #5 _____

5 new ways I could realise this fundamental goal:

1. _____

2. _____

3. _____

4. _____

5. _____