THE ART OF
WHY

What is your WHY?

What sacrifice are you willing to tolerate? Nothing in life is amazing all of the time, whether that be work, relationships, etc. Pick something that is so important to you that even the rough patches won't make you give up on it.

What happened to your childhood dreams?

Growing up, our childhood dreams get lost in social pressures, professional advancements, monetary needs. Our mindset changes to one where we only do things if a reward will follow, resulting in a loss of passion. What you are passionate about is what's important to you. Choose something that ignites a fire within you and brings you joy to go back to day after day.

What kind of work makes you forget to do normal things, like eat?

Pick things that bring you so much fulfillment, you can't concentrate on anything else.

What embarrasses you?

Anything new will require you to fail many times before succeeding. In order to grow, you must accept defeat and embarrassment from that failure. If you're putting off something due to what others may think or the risk of potential failure, then it is probably something important to you. Don't stray away from embarrassment, embrace it!

How is what you're doing going to benefit other people?

There are so many problems that need to be fixed in this world, you could literally start anywhere. Satisfying your needs will only get you so far whereas satisfying the needs of many others is a never-ending circle of gratification. Find a problem you care about and start solving it.

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Are you taking action to fuel your passion?

Passion is the result of ACTION, not the cause of it. You won't know what you're passionate about until you actually do it. Ask yourself: what would I do if I had no job every day? Use those answers to create action.

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If you were told that you had one year to live, what would you do and how would you want to be remembered?

Chances are, you'd probably spend a lot less time watching Netflix. But what would you spend your time doing? Make a list of those things and slowly chip away at it.

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