

FIND YOUR WHY

Welcome to the Rewire Story Tool. Whether you're looking to discover the deep purpose of your work, or reconnect with the passion that's driven your work in the past, we're excited for the process you're about to walk through in this tool.

This tool is designed with a few related concepts (or "lenses") in play. They all revolve around the idea that what authentically motivates the work we do is more than just carrots or sticks or even money. Rather, it's the purpose and deep "why" that we express through our work that really motivates action. And one lens we can use to frame this issue of purpose is our story — both our past story, the present chapter and future that is yet to be written. And so, lack of motivation isn't because of carrots or sticks or money; it's because of a lack of a connection to a story that we'd actually like to live into or tell through our actions. If we can uncover and connect to that worthwhile purpose/story, we'll find it easier to make decisions about what actions to pursue and be supplied with ample motivation to act.

One more thing on the tool: Some of the questions are about "vocation," or things you do from your passions and abilities when money isn't primarily concerned. The reason we ask these questions is because they help to shed light on what's actually driving your purpose and story. You can then bring that insight to bear on what you do in the professional/income-earning arena.



FIND YOUR WHY

DIRECTIONS:

1. Find a location where you can reflect.
2. Give yourself ample time (these are not surface-y questions) and feel free to work through the tool in multiple sessions. You may need to think about a question for a bit before you answer.
3. Don't try to be perfect with your answers. Just write.
4. Because we're dealing with pretty personal issues, pay attention to how you feel as you complete this form.
5. Fill this form out during your "good hours" (when you feel alert, productive, etc.)
6. Feel free to use the back of this form as extra space to write.

SECTION 1: PAST

What were some of your life's dreams and visions when you were younger?

What activities brought you joy early on in life? Why do you think that might be?

Who did you look up to at an early age and why? (You can list more than one person)

What's the best job - paid or unpaid - you've ever had? What did you like about it?

SECTION 2: PRESENT

What have other people told you you're good at? Has anyone ever told you that you're so good at something, that it ought to be your main thing? What situation prompted them to say that?

If you could write about your life and work right now as a story, what would this chapter be about? Who are the main characters? What obstacles are they/you trying to overcome?

SECTION 3: FUTURE

If you could design your ideal job, what would you be doing? (Don't think about pay.)

What results could you see coming about from this ideal job? How would it connect to the rest of your life?

Come back to the idea of writing your life's work as a story. How does this story play out? Give yourself permission to dream: Where would you want to see the main character (you)?

SECTION 4: SYNTHESIS SECTION

In this section, you're going to look for connections over the last 3 sections of your story and look for common elements within your past, present and future. You'll want to lay out these pages so you can scan and review them. Also, some of the important connections you'll be making might not jump out immediately, so take a minute to really think about each question as you look back over your pages of writing.

REPETITION & RECURRING THEMES, ELEMENTS, PEOPLE, ETC.

Look back over your pages and make a list here of all recurring elements (Skills and abilities, tasks, values and desires, dreams, people, etc.). Anything that comes up multiple times.). Make any notes or comments on these recurring elements, as that may help the process later.

DEVELOPING THEMES, ELEMENTS, PEOPLE, ETC.

Some of the important elements of your story may change over time. This changing dynamic gives you insight into key parts of your story and purpose. Look back over your pages and make a list here of all elements where you see change or development over time. Make any relevant notes or comments on these elements, as that may help the process later.

SECTION 4: SYNTHESIS SECTION (CONT)

IMPORTANT THEMES, ELEMENTS, PEOPLE, ETC.

As you look back over your past, present and future, what stands out to you as the meaningful and important ideas? Dig in and think; how are they related to each other and to you?

TYING IT ALL TOGETHER: THE WHY OF YOUR WORK

This section is where you will be putting it all together. Come up with one or two sentences that bring together the important elements you've expressed over your past, present and future. Sometimes, it helps to write it as finishing a sentence. For instance, "The why of my work is _____." Or "My big why is _____."

Don't feel pressure to get it right the first time, just start writing sentences. Look back over your work in this tool if you start to feel lost. Keep refining and working your sentences until you feel you've expressed it well. And BOOM—there's your why!