

Finding your why

The Golden Circle Worksheet for Individual Goals

Introduction

We all have different goals.

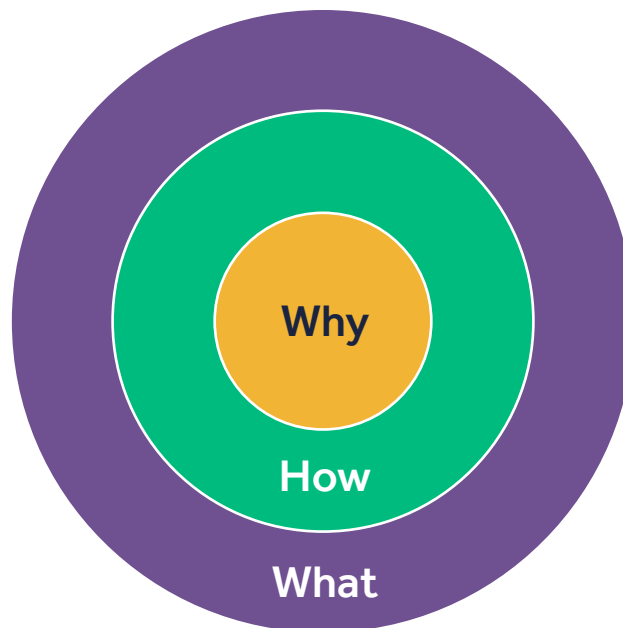
Along the way, we tend to forget the reason why we are working towards a particular direction. Or maybe we do know why - but we just don't remind it to ourselves often.

Here is a worksheet that will help you achieve your goals.

The idea of the Golden Circle is taken from Simon Sinek, and prior to starting this workbook, you should watch his TED Talk first in order to better understand the science behind the Golden Circle principle.

The Golden Circle

Act, think & communicate from the inside out!



Why

Your Motivation For Pursuing The Goal

Very few people know WHY they do what they do. When finding your WHY, one thing to remember is that it's not about the money. That's a result. Your WHY is your purpose, cause or belief.

It's the very reason why you are pursuing your goal in the first place.

How

Your Habits

Some people know HOW to achieve their goals. These are the daily habits or routines, the baby steps, the initiatives you are taking in order to achieve your WHY.

What

Your Goal

Everyone knows what they want. A medicine degree, a business, a thriving career, a million, a dream home or a car. These are the goals we always tell ourselves that we need to achieve.

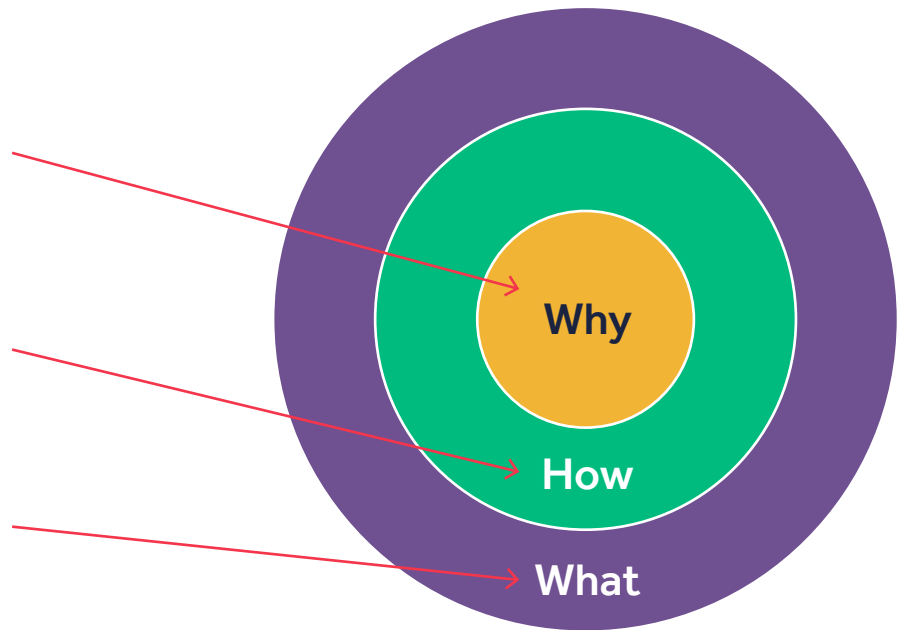
When you set a goal, you need to start with **WHY** you want to achieve the goal, plan **HOW** you will achieve it and lastly, define **WHAT** it is you really want.

Example #1: Apple, Inc.

Everything we do, we believe in challenging the status quo. We believe in thinking differently...

The way we challenge the status quo is by making our products beautifully designed, simple to use and user-friendly.

We happen to make great computers'



Your turn!

(Fill-up your Why, How & What)

Why (Your Purpose)

How (Your Process)

What (Your Goal)

