

COACHING YOU THROUGH LIFE

Monthly newsletter from Coach Zauss

FEATURED THIS MONTH:

*Find your WHY to get
Unstuck*



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12 QUESTIONS TO IDENTIFY YOUR WHY AND TRANSFORM YOUR LIFE

Written by Robin Zauss

If you are not feeling content with your life then it is likely that you do not know what your true purpose in life is. Without this you will not be focused on the things that make you truly happy. You will either drift through life or find yourself stuck.

In this short and powerful report you will learn why it is so important for you to find your **WHY** and provide you with the 12 questions to ask yourself to uncover it. We urge you to read every word of this report and take action to create an inspiring **WHY** statement that will drive you forward and provide you with total fulfillment.



PEOPLE ALWAYS DO THINGS FOR A REASON

There is a reason behind everything that you do. You may not realize this but it is true. Most of the things that you do every day are on autopilot such as brushing your teeth and taking a shower. You don't think about these things you just do them.

But behind all of your actions is a reason. You brush your teeth and bathe each day because you do not want to smell bad and be dirty. You make the journey to your place of work each day because of the reward you receive and what it means to you and your family.

OK these things are obvious but it is not always. As human beings you are aware of **WHAT** you do and **HOW** you do it. The **WHAT** part is usually obvious and the **HOW** part is something that you have learned over the years.

The most difficult thing to understand is **WHY** you do the things you do. Most people will do things that they don't want to do and accept this as part of life. For example there are plenty of people that work a job that they hate.

They do this because they feel that they have to. These people do not have the confidence in themselves to find a better job. They are happy to just drift along taking anything that they can. The trouble with this is that they will never be fulfilled.



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HOW TO ATTAIN FULFILLMENT

The only real way to attain fulfillment is to understand what your true **purpose** is in life is. **Once you know this you will be able to set goals that allow you to attain fulfillment.** Don't get sucked in to all of the nebulous questions around such as "*why are we here?*" and "*what is the purpose of life?*"

These questions are likely to conjure up negative thoughts in your head. We believe that all individuals create their own purpose in life. There is no "one size fits all" answer to the question "*what is the purpose of life?*" You answer that question in your own way.

Your mind is a very powerful tool. Use it to your advantage to determine your life's purpose. Where are you in your life right now? Your previous thoughts are responsible for everything that you have or don't have in your life right now.

YOUR WHY STATEMENT DETERMINES WHAT YOU WANT

The reason that a lot of people fail to achieve goals that they set is because they do not really want to achieve them. If that sounds crazy then please read on and we will explain. When you know your true purpose in life you will be able to set goals that align with this.

As soon as you have a **WHY** statement that you are truly happy with then it will be straight forward for you to set related goals and be motivated every day to achieve them. When you know what you truly want from life you will do everything to achieve them.

6 Powerful Reasons why you should Write a Personal WHY Statement

When you have a personal **WHY** statement that you have given a lot of thought to and committed to your life will change for the better. The most important reason for creating a **WHY** statement is the clarity that it will provide to you.

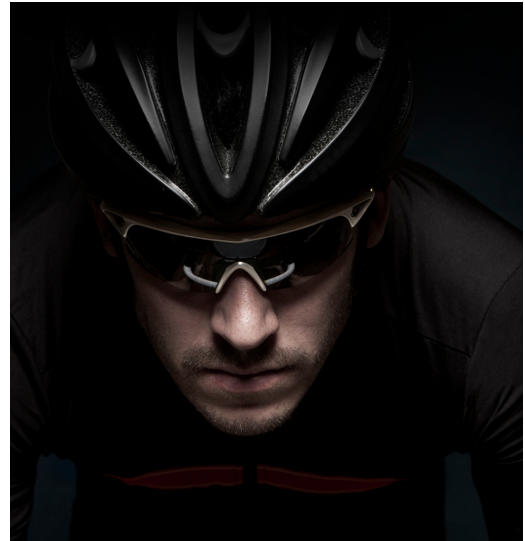
When you have this clarity you will be able to focus on the things that really matter to you. It will provide you with a future blueprint for your life. Your **WHY** statement will reveal your true purpose in life and the values that you hold dear.

It is not going to be easy to write a strong and compelling **WHY** statement, but you can do it and you must do it. Once you have your **WHY** statement then you must live by it every day as this is the fastest way to fulfillment.

IMPROVED FOCUS

It is very easy to get distracted in the modern world. Although the Internet is a wonderful thing, it can steal your time like nothing else. If you do not have a clear focus in your life then it will be easy for you to become distracted. Other people can influence you to set goals that you are not truly committed to for example.

When your personal **WHY** statement is complete you will be certain about what you need to do next. You will have total focus which will enable you to prioritize the things that you do to achieve goals that align with your **WHY** statement.



YOUR DECISION MAKING WILL IMPROVE

The clarity of a compelling **WHY** statement will enable you to make better decisions in your life. All decisions, both small and large, are covered here. Without true clarity in your life it is more likely that the decisions you make will not be the best ones.

You will consider all of your decisions against your **WHY** statement. Internally you will ask yourself *“is this a good choice for my life’s purpose?”* and then be able to instantly decide the right thing to do.



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MORE RESILIENT

When you have a personal **WHY** statement that you are truly committed to it should make you more resilient to the challenges that will come your way. In the past, problems may have overwhelmed you and made you procrastinate. When you have a strong **WHY** statement you can change all of that.

After identifying your purpose in life you will become more confident and believe that you have the power to overcome any obstacle that is in your way. It will be easier for you to let go of things that are not important and you will learn from any mistakes that you make. Increased resilience will enable you to bounce back from any setback.



HAPPIER AND HEALTHIER

It is a real “Eureka” moment to discover your true **purpose** in life. When you do this you will be able to look forward to the future with a high degree of certainty. This will have a dramatic effect on your happiness because you finally have clarity and you are no longer stuck in your life.

There have been a number of studies that have shown that when a person knows their life purpose it has a significant effect on their health as well. It all goes hand in hand really. When you are happier you tend to be healthier. When you are optimistic about your future this will give your health a boost as well.

Greater Accountability

People that drift along in life have little accountability. If things go wrong for them it is always someone else's fault. They make decisions with little regards for the possible consequences.

Having a personal **WHY** statement that really resonates with you will make you much more accountable. You will consider the consequences of everything that you do in the future and the impact that this will have on others.



NOW IT'S TIME TO IDENTIFY YOUR WHY

Now that you know the incredible benefits of creating your personal **WHY** statement it is time to discover your true life's purpose. A lot of people try to uncover this but fail because they do not use the right methods.

In this report we will show you the best way to identify your **WHY**. It is not going to be an easy ride for you and you will have to put in some mental effort here. But it is totally worth it as after you have discovered your true purpose you will be able to shape your life exactly as you want it.

The best way to discover your **WHY** is by asking yourself some specific questions. We will provide you with those questions here. When you ask each question you need to think about it really carefully. There is no rush with this and it is going to take you quite a while to answer everything and then identify patterns and trends to help with your discovery.

We strongly advise that you find a quiet area to do this where you will not be disturbed for a while. You will need a pen and paper or your journal because you will write a lot of things down. **OK** if you are ready let's get to the 12 questions.



What is your why?



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① HOW CAN YOU IMPROVE THE LIFE OF OTHERS?

When you are able to improve the lives of others you will get a very warm feeling inside and you will be very happy with your lot. Numerous studies have shown that people that know their WHY and live a life of gratitude are able to make a significant contribution to the world and help many people.

Having an attitude of gratitude means that you appreciate what you have in your life right now and this includes the people that have helped you get where you are. With this attitude you will really want to give back to these people and others that you have not met yet. There are many ways that you can help other people.

When your WHY statement includes the way that you can help many other people it will have a very powerful effect on you. You will be totally driven by this and it can help you to bring you all of the things that you desire in your life.

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WHAT THINGS DO ② YOU DO THAT SEEM TO MAKE TIME FLY?

When you are really enjoying doing something then it will seem like time is truly flying by. This is because you are passionate about doing these things and you are not focusing on the passing of time. If you are bored then you are more likely to concentrate on the clock. People in jobs that they hate often do this.

You will have a lot more energy when you pursue your passions. This is because you are living out your life's purpose. People that do things that they don't enjoy each day tend to be drained of energy at the end of it.

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WHEN YOU WERE A KID WHAT DID YOU 3 REALLY ENJOY DOING?

One of the most powerful questions you can ask yourself to discover your WHY is to think back when you were a child and those things that you really had fun doing. You will probably have a lot of fond memories here, so try to identify any patterns as to why these things were so enjoyable for you.

Once you identify these patterns you will find that they can serve as important clues to your real life's purpose. Are there things that you really enjoyed as a kid that you carried through to adulthood and still do to this day?

Most of us lose sight of the things we really enjoyed as a kid due to the pressures we experience of becoming an adult. This creates a "disconnect" within us and our focus changes from things that we really enjoy to things that we feel we have to do because of the rewards associated with them – like working a job you hate.

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WHAT WILL YOU DO EVEN IF YOU LOOK STUPID?

If you really want to learn how to do something passionately then it doesn't matter how stupid you look when you are first starting out. All of us have to start from the beginning in this situation and if this is truly what you want then you will persevere regardless of what others think about this.

So think about those things that you are prepared to do even if there is an embarrassing outcome for you in the beginning. Maybe you really want to learn a martial art and you know that you are going to make a lot of mistakes initially and face the possibility of people laughing at you. If it is a true passion of yours then you will not care about this.

Too many people let this feeling of stupidity prevent them from pursuing their passions. They will not go to college to learn something new because they do not want to be embarrassed in the class for example. Don't miss out any more! Be sure to write down all of the things that you want to do no matter how stupid you look.

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WHY DO PEOPLE ASK FOR HELP?

If you are someone that other people often come to for advice then think about what they ask you to do to assist them. Look for commonalities here. Do they tend to ask you for advice in a certain area?

Most people struggle to see some of the strengths that they possess. They do not believe that they have these positive attributes but the people that ask for their advice and guidance certainly do. When you think about the reasons why people ask for your help it will assist you to identify some of your natural talents.

So for example do you find that family and friends often come to you for advice about relationship problems they are experiencing? Helping people with these kinds of problems is something that is much needed so think carefully and write everything down. This is very important for the creation of your WHY statement

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IF YOUR TIME WAS 6 RUNNING OUT WHAT WOULD YOU DO?

You have been told that you only have one more year left to live. So what are the things that you would do in your final year? There is nothing like death being around the corner to sharpen your concentration and think about the things that mean the most to you. How do you want to be remembered after you are gone?

We understand that nobody wants to think about dying but this is a very effective way to identify what your real priorities and true values are. So please do not skip this question as you will find it will reveal some very important details that will shape your **WHY** statement.

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WHAT ARE YOU PREPARED TO GO THE "EXTRA MILE" FOR?

Think about the things in your life that you will go the extra mile for. No matter what challenges you are confronted with you will carry on regardless for these things. There are no limits to what you will do to get these things.

When you take consistent action toward achieving these "extra mile" things your passion will greatly intensify. Action is the key to developing passion about something and you can only be truly passionate about something if you really want it.

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IF YOU HAD THE OPPORTUNITY TO TEACH PEOPLE WHAT WOULD YOU TEACH THEM?

When you ask yourself this question it will greatly assist you to find out how you can really make a significant contribution to the world. You have valuable knowledge that is especially useful for younger generations who do not have your knowhow and experience.

Asking yourself this question also forces you to think about the different talents that you have. You can use these to teach others how to become competent as well. Here are another couple of great questions that you can ask yourself here *"how can I improve other people's lives?"* and *"where is there a gap in the knowledge that people have?"*

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WHAT THINGS THAT YOU ARE CURRENTLY PAID FOR THAT YOU WOULD DO FOR NOTHING?

This question forces you to think about the work that you do either in a job or your own business. It helps you to identify the things about your work that you are really passionate about. There is usually something about a job that you really like so think carefully about this.

When you are working what things come really easily to you? Do you enjoy these things so much that you would do them for free? We are not recommending that you do everything for nothing here. It is about identifying the things you are truly passionate about so you can create a powerful **WHY** statement.

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WHAT ARE OTHER PEOPLE GRATFUL TO YOU FOR?

Think about the things that people really appreciate that you do for them. Maybe you provide your help to your friends or family members regularly or perhaps you do the same thing at your work?

Think back to the times that you have helped others and what they said to you afterwards. What type of assistance do you offer to other people? We are all unique and all provide help in a unique way so look for patterns again here.

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WHAT WOULD YOU DO IF YOU DIDN'T HAVE TO WORRY ABOUT MONEY AND BELIEVED YOU COULD ACHIEVE ANYTHING?

If you were financially free how would you spend your time? What passions would you pursue in your life if you had no money worries? If you believe that you can literally do anything then what are the things you would choose to do?

People are often driven by the need to make more money and the things that this will bring them. If you had all of the money that you could ever want then how would this change your life? We all only have so much time so how would you spend yours?

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WHAT WAS YOUR FONDEST MEMORY AS A CHILD?

It is time to think about your childhood again. What you need to do here is to think about your fondest memories. What did you stop doing that you really enjoyed because you were growing up? Maybe your parents talked you out of doing something that you were truly passionate about as a kid?

Identifying these passions that you gave up on when you became an adult is a great step to take to identify your **WHY**. Parents and teachers often dissuade kids from certain activities because they are looking out for their future.

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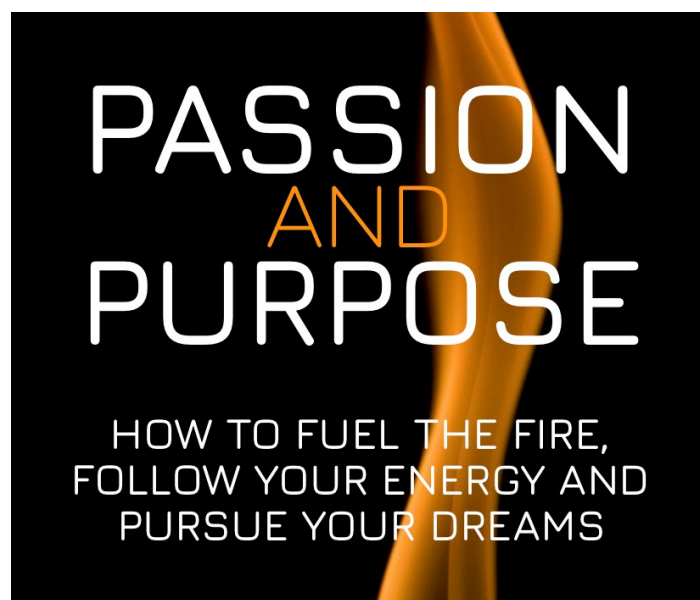
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CONSLUSION

You now have 12 powerful questions that you can ask yourself to identify your true purpose in life. Now you need to take action and ask yourself these questions. Identifying your **WHY** will really have a significant impact on your life and you will be able to set goals that will lead to total fulfillment for you.

I am offering a Passion and Purpose workshop



Look for the upcoming dates on my website at:
CoachZauss.com



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