



Why You
Do It

What Lights Me Up...

This is a journal-style exploration of what kinds of things really light you up. These point you to your "Dharma" or your ultimate purpose in life. This may or may not be something that you actually do as a source of income, but ultimately points you on the path toward your Essential Why. Document (draw, write, scrapbook, etc.) what it is that gets you excited, draws out your passion, and really "lights you up" in life. Ultimately, why you do what you do ties back to the things you love most in the world in one way or another.