What's Your Why? The Power of Purpose!



"The two most important days in your life are the day you are born and the day you find out why." -Mark Twain

What's Your Why?

- 1. Life Quest-Searching for Buried Treasure
- 2. The Science of Purpose
- 3. The Why of Wellness
- 4. Powerful Purpose Practices-Your One Thing
- 5. Crafting Your Why





SECTION 1

Clue #1-Look Behind You

Buried Treasure

Section One Questions:

- 1. "When you were a child what did you most enjoy doing?"
- 2. "What did you day dream about?"
- 3. "What did you want to be when you grew up?"



The Science of Why

SECTION 2

The Science of Why

- 1. Live Longer
- 2. Protect against Heart Disease
- 3. Prevent Alzheimer's
- 4. Handle Pain and stress better
- 5. Have Better Relationships
- 6. Strengthens Immune system
- 7. Adopt healthier lifestyles



Clue #2: Look Beside You

The Science of Why:

Section Two Questions

- 1. "What are the things I have always been good at?"
- 2. "What are my greatest strengths?"
- 3. "What makes me feel alive?"



The Why of Fitness, Health & Wellbeing

SECTION 3

Clue #3: Look Above You

The Why of Fitness, Health & Wellbeing Section Three Questions:

- "If you could instantly change ONE thing about your health, fitness and wellbeing what would it be?" WHY?
- 2. **Dream Big:** "What would you do with your newfound fitness, health & wellbeing?"
- **3.** Ask Yourself: "If there was ONE THING I could do, that I am not doing now....?"



Your One Thing

SECTION 4

Finding your Center

What's Your Why?

- "I want to be a fit grandma!"
- "I want to be fit and healthy to reach my life goals."
- "I am a doctor and I want to help as many people as I can!"
- "I want to have extra energy so I can play with my kids when I get home from work."
- "I want to be my kids' hero."



Clue #4: Look Around You





1. Who's there?

2. What do they say?

3. What is ONE thing you want said?

"Crafting Your Why" Putting Your "Why" Into Words & Action

SECTION 5

Clue #5: Look In Front of You

Discovering Your Why? Section Five Questions

Writing and Setting your Why Goals



- 1. What makes you cry?
- 2. What makes you happy?
- 3. What gives you hope and energy?
- 4. What would you like to change in the world around you?
- 5. What do you see that isn't-but could be?

What's your Why?

One Word
One Phrase
One Sentence
One Paragraph

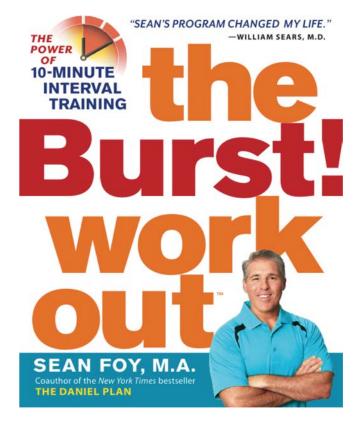
What's Your Why Homework

Crafting Your Why:



Imagine One Year from Today

- How are you planning to find your "Why"?
- How can you help others find their "Why"?



the Burst! workout

Get fit in 10 minutes a day! 90 illustrated exercises Three four-week programs 🚥

A minutes | High-Energy Aerobic Training

When is the last time you did a Jumping Jack? Whether it's been two months or two decades, now is the time to reintroduce this classic secretise to your fitness routines. When performed in a HEA.T. respective, Jumping Jacks are not only a great overall body conditioning exercise but also a funtasic metabolism bootset. They are a great way

to strengthen your heart, shoulders, arms, legs and core. Alternate 30 seconds of Marching in Place with 30 seconds of Jumping Jacks for 6 minutes. As you get warmed up, try to make your movements faster, During the base to seconds of Jumping Jacks, go all out To make this exercise less or more demanding, see the direction in *The Barret Workowt*.

LEVEL I - WORKOUT S

This section of your workout trains your upper and lower body muscles with three exercises that are more advanced versions of the basic squat, pushup and hunge. First you'll perform the Wall Stide, similar to the Wall Squat, only now you will be moving up and down the wall. The second exercise, Proving Tgper Knee Push-Up, is a variation of the

Knoc Push-Up that increases the demands upon the muscles of your upper body and core. Your last resistance exercise is the Backward Lange. In this "bat-blauting" movement, a great variation of the basic lunge, you step back into the lunge position. To make these exercises either assier or more challenging, see *The Bhart Worksout*.

LEVEL I - WORKOUT 3

2 minutes | Core-Strengthening Exercises

These two esercises will firm and strengthen your abs, Mps and upper and lower back. The Crossed-Arms Ab Crushen provides you with another way to tighten your abdominal muscles. In this exercise, you lie on the thoro and raise your shoulders and upper back off the ground. After doing the erunches, you'll balance out your cross-strengthening exercises

by performing some Back Extensions, which are a simple but effective exercise for strengthening your upper and lower back. With this movement, you lie on your atomach and raise your upper body off the ground. To make these severices either naire or more challenging, see *The Burst' Workout*.

more challenging, see The Burst! Workout.

LEVEL I . WORKOUT 3

I minute | Stretching and Deep Breathing

The last minimize of this 4-9-24 workcast is composed of two structures that are not only scooling to the mind but also fantastic for increasing the flexibility of your hips and lower body. First is the Standing Back and Hip Stretch, a growt movement you can do whenever you're near a chair or bench. For the Floor Spinal West, the last movement for this workow, you challenging, see The Burst! Workout.

reathing will ait on the flor and rotate your upper body as far source omfortably can its body directions. Remember to more solvy and to breath deeply when doing your stretches. To must these movements lass or



Crossed-Arma Ab Crunch Forlows as many Crossed-Arma Ab Crunches as you can in 1 minute.

> Standing Back and Hip Stretch Hold the Standing

Back and Hip

Stretch for up to 15

seconds per side





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Back Extension Perform as many Back Extensions as you can thold the upward position for 2 seconds and repeal in 1 minute.



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