

# Why x 5

Resilient people know what they stand for. They know their purpose and their values. These are the things they draw on to get through adversity. Asking yourself “**Why?**” over and over again means you can (re)discover what really matters to you.



**Why are you a** ..... ?  
(your job role)

**Why?** .....

**Why?** .....

**Why?** .....

**Why?** .....

**Why?**

**You can use these questions to get clear on what your purpose is and what you stand for.**

It's OK to have a few attempts at this until it becomes meaningful for you.

If you feel stuck, look at your organisation's vision and values statements.

***What* DO YOU STAND FOR?**

***Why* DO YOU DO YOUR JOB?**

**I stand for...**

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Remembering what you stand for will help you keep your resilience when things are tough. What you stand for gives you a sense of purpose.

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**Insights from remembering what I stand for**

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**Intention for tomorrow**

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