

WELCOME TO GLOW

WHAT IS A PERSONAL WHY STATEMENT?

A PERSONAL 'WHY' STATEMENT IS A CLEAR, CONCISE DECLARATION THAT EXPLAINS YOUR PURPOSE, MOTIVATIONS, AND UNDERLYING DRIVE.

IT ANSWERS THE QUESTION 'WHY DO I DO WHAT I DO?' AND HELPS GUIDE DECISIONS, KEEPS FOCUS ON PERSONAL OR PROFESSIONAL GOALS, AND ALIGNS ACTIONS WITH CORE VALUES AND BELIEFS.

BENEFITS OF CREATING A PERSONAL WHY STATEMENT?

UNDERSTANDING YOUR 'WHY' HELPS ALIGN YOUR ACTIONS WITH YOUR CORE BELIEFS, MAKING YOUR JOURNEY MORE PURPOSEFUL AND FULFILLING. IT HELPS PROVIDE DIRECTION, MOTIVATION, ALIGNMENT, AND A DEEPER UNDERSTANDING OF ONESELF:

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CLARITY OF PURPOSE

THE ACT OF DEVELOPING YOUR OWN 'WHY' STATEMENT HELPS YOU TO GET REALLY CLEAR ON HOW YOU WANT TO BE LIVING YOUR LIFE, YOUR PASSIONS, YOUR BELIEFS AND WHAT REALLY DRIVES YOU.

INCREASED FOCUS

BY KEEPING YOUR UNDERLYING MOTIVATIONS AT THE FOREFRONT OF YOUR MIND, A WHY STATEMENT CAN HELP YOU MAINTAIN FOCUS ON WHAT TRULY MATTERS TO YOU, AVOIDING DISTRACTIONS AND IRRELEVANT PURSUITS.

GUIDANCE IN DECISION MAKING

WHEN FACED WITH CHALLENGING DECISIONS, YOUR WHY STATEMENT CAN ACT AS A GUIDE, HELPING YOU CHOOSE PATHS THAT ARE CONSISTENT WITH YOUR BELIEFS AND GOALS

MOTIVATION AND INSPIRATION

IN TIMES OF DOUBT OR DIFFICULTY, REVISITING YOUR WHY STATEMENT CAN REKINDLE MOTIVATION, REMINDING YOU OF THE REASONS BEHIND YOUR PURSUITS AND INSPIRING YOU TO CONTINUE.

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PERSONAL WHY STATEMENT EXAMPLES

TO INSPIRE OTHERS THROUGH CREATIVE EXPRESSION

TO MAKE A POSITIVE IMPACT IN MY COMMUNITY
THROUGH SERVICE.

TO CONTINUALLY LEARN AND GROW, SHARING MY
KNOWLEDGE WITH OTHERS.

TO CREATE A LOVING AND SUPPORTIVE ENVIRONMENT
FOR MY FAMILY TO LEAD BY EXAMPLE, FOSTERING
INTEGRITY AND HONESTY.

TO CHAMPION EQUALITY AND JUSTICE, WORKING
TIRELESSLY FOR A FAIRER SOCIETY.

TO EXPLORE THE WORLD AND BROADEN MY PERSPECTIVE,
EMBRACING DIFFERENT CULTURES.

TO DEDICATE MYSELF TO LIFELONG LEARNING, ALWAYS
SEEKING TO EXPAND MY MIND.

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PERSONAL WHY STATEMENT EXAMPLES

TO FOSTER A SUSTAINABLE FUTURE, LIVING AND PROMOTING AN ECO-FRIENDLY LIFESTYLE.

TO CREATE JOY AND LAUGHTER, USING HUMOR TO LIGHTEN THE BURDENS OF OTHERS.

TO CULTIVATE WELLNESS IN MIND AND BODY, TEACHING OTHERS TO EMBRACE A HEALTHY LIFESTYLE.

TO EMPOWER THE YOUTH, PROVIDING THEM WITH THE TOOLS AND CONFIDENCE TO SUCCEED.

TO INNOVATE AND SOLVE PROBLEMS, USING TECHNOLOGY TO IMPROVE LIVES.

TO BUILD STRONG RELATIONSHIPS, VALUING CONNECTION AND COMMUNITY ABOVE ALL.

TO PROVIDE FOR MY FAMILY, WORKING HARD TO CREATE STABILITY AND SECURITY.

TO BE A VOICE FOR THE VOICELESS, STANDING UP FOR THOSE WHO CANNOT STAND FOR THEMSELVES.

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PERSONAL WHY STATEMENT EXAMPLES

TO CHALLENGE MYSELF CONTINUALLY, NEVER SETTLING FOR MEDIOCRITY.

TO ENCOURAGE ARTISTIC EXPRESSION, NURTURING CREATIVITY IN MYSELF AND OTHERS.

TO LEAD WITH COMPASSION, ALWAYS CONSIDERING THE NEEDS AND FEELINGS OF OTHERS.

TO PURSUE EXCELLENCE IN MY PROFESSION, SETTING HIGH STANDARDS AND ACHIEVING THEM.

TO BE A BEACON OF HOPE, OFFERING SUPPORT AND ENCOURAGEMENT TO THOSE IN NEED.

TO CREATE BEAUTIFUL AND FUNCTIONAL SPACES, ENHANCING LIVES THROUGH DESIGN.

TO MAKE COMPLEX IDEAS ACCESSIBLE, EDUCATING OTHERS IN A CLEAR AND ENGAGING WAY.

TO INSPIRE OTHERS TO PURSUE THEIR DREAMS, PROVIDING GUIDANCE AND MENTORSHIP.

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PERSONAL WHY STATEMENT EXAMPLES

**TO LIVE AUTHENTICALLY, NEVER COMPROMISING MY
TRUE SELF FOR THE SAKE OF OTHERS.**

**TO FOSTER INTELLECTUAL CURIOSITY, ENCOURAGING
CRITICAL THINKING AND OPEN DIALOGUE.**

**TO BUILD BRIDGES BETWEEN CULTURES, PROMOTING
UNDERSTANDING AND TOLERANCE.**

**TO SPREAD KINDNESS, MAKING THE WORLD A BETTER
PLACE ONE ACT AT A TIME.**

**TO INVEST IN FUTURE GENERATIONS, WORKING TO
IMPROVE EDUCATION AND OPPORTUNITIES.**

**TO EMBRACE ADVENTURE, LIVING LIFE TO THE FULLEST
WITH COURAGE AND ENTHUSIASM**

**TO BE A CATALYST FOR POSITIVE CHANGE, INITIATING
AND SUPPORTING MEANINGFUL PROJECTS.**

**TO PRESERVE HISTORY AND HERITAGE, VALUING THE
WISDOM OF THE PAST.**

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PERSONAL WHY STATEMENT EXAMPLES

TO CREATE CONNECTIONS THROUGH STORYTELLING,
USING WORDS TO UNITE PEOPLE.

TO PROVIDE COMFORT AND HEALING, DEDICATING
MYSELF TO A CARING PROFESSION.

TO STRIVE FOR BALANCE, FINDING HARMONY IN WORK,
PLAY, AND RELATIONSHIPS.

TO CELEBRATE INDIVIDUALITY, ENCOURAGING SELF-
EXPRESSION AND UNIQUENESS.

TO BE A GOOD STEWARD OF RESOURCES, MANAGING
THEM WISELY FOR FUTURE GENERATIONS.

TO BE A LOVING AND DEDICATED PARENT, GUIDING MY
CHILDREN WITH WISDOM AND COMPASSION.

TO DRIVE SCIENTIFIC DISCOVERY, SEEKING THE TRUTH
AND ADVANCING KNOWLEDGE.

TO UPLIFT OTHERS THROUGH MUSIC, EXPRESSING
EMOTIONS AND CONNECTING SOULS.

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PERSONAL WHY STATEMENT EXAMPLES

TO BE A DILIGENT STUDENT, MAXIMIZING MY POTENTIAL THROUGH EDUCATION AND EFFORT.

TO CONTRIBUTE TO A THRIVING LOCAL ECONOMY, SUPPORTING SMALL BUSINESSES AND COMMUNITY GROWTH.

TO BE A DEPENDABLE FRIEND, PROVIDING UNWAVERING SUPPORT AND LOYALTY.

TO CULTIVATE A PEACEFUL MIND, PRACTICING MINDFULNESS AND INNER REFLECTION.

TO BREAK DOWN BARRIERS, CHALLENGING STEREOTYPES, AND PROMOTING INCLUSIVITY.

TO PROTECT AND CHERISH NATURE, ENJOYING AND PRESERVING THE BEAUTY OF THE EARTH.

TO SET A POSITIVE EXAMPLE, LIVING WITH INTEGRITY AND HONESTY IN ALL I DO.

TO CREATE OPPORTUNITIES FOR OTHERS, MENTORING, AND INVESTING IN THEIR SUCCESS.

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PERSONAL WHY STATEMENT EXAMPLES

**TO FIND JOY IN THE SIMPLE THINGS, APPRECIATING
LIFE'S SMALL PLEASURES AND BLESSINGS.**

**TO FULFILL MY POTENTIAL, RELENTLESSLY PURSUING
SELF-IMPROVEMENT AND GROWTH.**

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HOW TO CREATE YOUR OWN PERSONAL WHY STATEMENT

REFLECT ON YOUR VALUES

CONSIDER WHAT MATTERS MOST TO YOU. WHAT ARE YOUR PASSIONS, BELIEFS, AND PRINCIPLES?

IDENTIFY YOUR MOTIVATIONS

THINK ABOUT WHAT DRIVES YOU. WHAT INSPIRES YOU TO TAKE ACTION? WHAT DO YOU WANT TO ACHIEVE? WHAT WOULD YOU LIKE TO ACCOMPLISH IN LIFE?

CRAFT YOUR STATEMENT

COMBINE YOUR VALUES AND MOTIVATIONS INTO A CLEAR, CONCISE STATEMENT THAT ENCAPSULATES YOUR 'WHY.'

REVIEW AND REVISE

YOUR PERSONAL WHY STATEMENT MAY EVOLVE OVER TIME. REGULARLY REVIEW AND, IF NECESSARY, REVISE IT TO ENSURE THAT IT STAYS ALIGNED WITH YOUR CURRENT BELIEFS AND GOALS.

REMEMBER - IT DOESN'T HAVE TO BE PERFECT!

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HOW TO USE YOUR PERSONAL WHY

KEEP IT VISIBLE

WRITE IT DOWN AND KEEP IT SOMEWHERE YOU'LL SEE REGULARLY, LIKE A JOURNAL, ON YOUR DESK, OR AS A NOTE ON YOUR PHONE.

REGULARLY SEEING YOUR WHY STATEMENT CAN HELP YOU KEEP YOUR CORE VALUES AND PURPOSE FRONT AND CENTER IN YOUR DAILY LIFE.

INCORPORATE IT INTO GOAL SETTING

USE YOUR WHY STATEMENT TO GUIDE YOUR GOALS AND MAKE SURE THEY ALIGN WITH YOUR CORE VALUES AND PURPOSE. IT CAN HELP YOU SET MEANINGFUL AND FULFILLING OBJECTIVES.

USE IT IN DECISION MAKING

WHEN FACED WITH A DIFFICULT DECISION, REFER BACK TO YOUR WHY STATEMENT TO SEE WHICH CHOICE ALIGNS BEST WITH YOUR CORE VALUES AND OVERARCHING PURPOSE.

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HOW TO USE YOUR PERSONAL WHY

USE IT AS A MOTIVATIONAL TOOL

WHEN YOU FEEL LOST, UNMOTIVATED, OR OVERWHELMED, REVISIT YOUR WHY STATEMENT TO REKINDLE YOUR PASSION AND REALIGN WITH YOUR PURPOSE.

CREATE A VISION BOARD OR PERSONAL MANIFESTO

YOU CAN INTEGRATE YOUR WHY STATEMENT INTO A BROADER VISION FOR YOUR LIFE, INCLUDING VISUAL CUES, AFFIRMATIONS, AND GOALS THAT REFLECT YOUR CORE VALUES.

LEAD BY EXAMPLE

EMBODY YOUR WHY STATEMENT IN YOUR DAILY ACTIONS AND INTERACTIONS. STRIVE TO LIVE IN ALIGNMENT WITH THE VALUES AND PURPOSE IT ARTICULATES.

GLOW PROGRAM
IT'S TIME TO SHOW YOUR INNER GLOW

WELCOME TO GLOW

**WRITE YOUR WHY STATEMENT IDEAS
(USE THIS PAGE TO BRAIN STORM)**

GLOW PROGRAM
IT'S TIME TO SHOW YOUR INNER GLOW

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WRITE YOUR WHY

