

Life's Wealth Quest

Lesson 5 Workbook: Find Your Why

Why Your 'Why' Matters

Your 'Why' is the emotional driver behind your financial goals. It's the reason you'll keep going when things get tough. Without it, money is just paper; with it, money becomes a tool for a richer, more purposeful life.

The Power of Purpose

- Clarity – Helps you cut through distractions and stay focused. - Motivation – Fuels you when progress feels slow. - Resilience – Anchors you when challenges arise. - Fulfillment – Ensures your wealth brings satisfaction, not emptiness.

The 5 Whys Method

This exercise helps uncover your deeper motivation. Start with a goal (e.g., 'I want financial freedom') and ask 'Why?' about that answer. Repeat five times until you discover the emotional core of your desire.

Activity: The 5 Whys Exercise

Why 1: _____
Why 2: _____
Why 3: _____
Why 4: _____
Why 5: _____

Reflection Prompts

1. Who will benefit most when I achieve financial freedom?

2. What pain or frustration will disappear once I achieve it?

3. What meaningful experiences will I create with my time and money?

Your Why Statement

Write your final Why Statement in one clear sentence:
