

Explore Your WHY worksheet

For Presenters, Speakers & Team Leaders



1. Why have you taken on this role | job | area of responsibility?

2. What's important to you about this presentation topic?

3. Why are you talking to this particular group?

4. How is your topic valuable to the world?

5. What core values are at the core of your topic?

Thinking about what you wrote above, circle any of the values below that are most relevant--up to 10. Do this quickly, use your gut instinct. Now see if you can get that list down to just 3. Add words of your own, if necessary.

accuracy	compassion	empowerment	integrity	philanthropy
achievement	completion	energy	intelligence	power
acknowledgment	collaboration	enjoyment	leadership	powerful
adaptability	commitment	environment	loyalty	privacy
adventure	community	excellence	learning	productivity
aesthetics	confidence	excitement	making a difference	recognition
assurance	continuity	exploration	mastery	resilience
altruism	control	financial well-being	meaning	risk-taking
attentiveness	connection	fitness	mindfulness	security
authenticity	contribution	focus	moderation	self esteem
autonomy	cooperation	forward movement	motivation	service
balance	creativity	freedom	nurturing	stability
belonging	credibility	frugality	openness	success
benevolence	danger	growth	orderliness	sovereignty
brilliance	design	harmony	organization	synthesis
calmness	decisiveness	honesty	originality	tradition
carefulness	directness	humility	participation	trade
certainty	diversity	humor	partnership	trust
challenge	duty	imagination	peace	truthfulness
clarity	dynamism	independence	performance	vitality
cleanliness	empathy	innovation	playfulness	

Purpose Statement for Your Topic:

E.g. To bring out the best in others and help them find a clear purpose.
