

THE WHY WORKSHEET

Are you in limbo? Feeling stuck? Do you feel clueless about what you should be doing? Or even want to do?



You need to refocus on your why. Your why is the purpose behind creating the way you do. It should go deeper than money and motivate you in the long term. Your why is what makes you come back to your art again and again, giving you clarity and confidence.

If you aren't sure what your why is, or if you've lost sight of it, use these exercises to find it and keep moving forward on your paper flower journey.

Practice Self-Awareness

DO THIS BY WRITING YOUR THOUGHTS, FEELINGS, AND ACTIONS ON A DAILY BASIS FOR AT LEAST 30 DAYS.

Examples:

When I cut into a fresh sheet of crepe paper, I am excited by the possibilities I can create. I feel drained having to explain something over and over again. I get stressed returning emails.

Evaluate Core Beliefs

WHICH VALUES GUIDE YOUR DECISION MAKING EVERY DAY? THINK OF 3-5 WORDS THAT DESCRIBE THEM.

Examples:

Service, beauty, independence, structure or flexibility, validation, autonomy, stability, spirituality, growth, joy, purpose, pleasure, humor, justice, self-respect, prosperity, recognition, curiosity, mastery.

KEEP IN MIND

Practice Self-Awareness



Evaluate Core Beliefs



Identify the Joy



Find the Passion



Notice the Main Threads



Envision a Perfect Day



Identify the Joy

NOTICE THE ACTIONS THAT YOU ENJOY DOING EVERY DAY THAT BRING YOU HAPPINESS AND SATISFACTION.

Examples:

Organizing my table for the next project. Packing an order. Talking to a client. Creating tutorials. Spreading the joy of paper flowers through the world.

Find the Passion

WHAT IS THE UNDERLYING PASSION THAT PUSHES YOU TO CREATE?

Examples:

The satisfaction of making something with my hands. Feeling proud of my work. Building a stable business. Expressing myself through a medium. The creative process.

Notice the Main Threads

LOOK BACK OVER THE COURSE OF YOUR CAREER(S) AND FIND THE COMMON THREADS.

Examples:

Reasons why I was drawn to past jobs or projects. My most rewarding work accomplishments. Compliments from colleagues. Circumstances that made me feel productive. Reasons why I disliked certain tasks or projects.

Envision a Perfect Day

WHAT DOES A PERFECT DAY IN YOUR WORLD LOOK LIKE AND WHY? IT CAN INCORPORATE YOUR PERSONAL AND BUSINESS ASPIRATIONS. YOU CAN INCLUDE OTHER PEOPLE TO DO TASKS FOR YOU IN YOUR PERFECT DAY.
