

Discovering Your Why

“In any case, we should live up to whatever truth we have attained” (Philippians 3:16).

Do you know what truth you are living toward and ‘why.’ When we don’t, we run aimlessly or, we chase dung that Satan calls glory.

In Philippians 3, Paul shows us where purpose actually begins. His identity was once built on status, obedience, and success. Then Christ redefines his purpose. What once looked like gain became loss. What once shaped his desires no longer ruled his life. Purpose followed ***identity***, not the other way around.

This workbook exists to help you slow down and ask an honest question: *What am I actually living for?* Because most of obedience is moving God’s **why** to our **how**. Without a clear why, discipline fades. Goals wither. Desire drifts. But when hope reshapes purpose, direction becomes clear. So, our why will often be our motivator for our how. We won't die for our how, but we often will for our why. We will sacrifice and discipline ourselves around our why.

Throughout the Live Up Series, we return to this truth: contentment is not self-sufficiency, it is Christ-sufficiency. Paul learned to be content because Christ was enough. Not because life was easy. Not because circumstances were controlled. But because his desires had been reworked.

Jesus says the same thing in John 15. Life flows from abiding, not striving. Fruit comes from remaining, not forcing. Jesus says, *“You are already clean because of the word I have spoken to you.”* Purpose doesn’t begin with effort... it grows out of grace.

As you work through *Discovering Your Why*, the goal is not self-discovery. It’s clarity. Christ-centered clarity. So that you can stop running aimlessly, fix your eyes on the prize, and live up to the truth God has already given you.

Your Name: _____

He who has a why to live for can bear with almost any how. – Nietzsche

1. In the past, I have believed my purpose in life is to: *

We'd love your feedback. We have two questions for you.

2. Assessing Today *

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I feel confident that my life has a God-given purpose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand how to integrate my daily schedule with my life purpose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe my job allows me to fulfill my Godgiven purpose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe if I change how I work, I could fulfill my Godgiven purpose at my job.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I believe I really need to change my job so I can fulfill my	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

purpose.					
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3. You desire to excel in your why for the sake of someone's glory, right now, who do you live to glorify/impress? *

- Me (I want to be proud of me)
- Others who praise me (I want others to be proud of me)
- Others who doubt me (I want others to be proved wrong)
- God (I want God to be proud of me)
- God (I want God to get the glory)
- Other

4. Which limiting belief do you struggle with most?

- I'm not enough
- What I've done is not good enough
- I will never have enough of _____

5. How does your limiting belief that you struggle with the most impact your desire to glorify _____ (from answer above)? *

6. Without looking one up, what are four encouraging verses about your purpose in life? *

7. How do those verses inform your purpose? In what ways are you inspired by it to live in this world? *

8. Identity Markers for your Purpose *

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I am becoming the image of Christ.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a holy Child of God.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am gifted to make an impact on this world.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am, in Christ, strong enough to resist Satan.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Spiritual Disciplines *

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I regularly fast.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I regularly take a sabbath.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I meditate daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I share the gospel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I pray throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Rank your Lifescore based on your score: *

Body Mind Spirit Love Family Community Money Work Hobbies

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

11. List how you would desire to prioritize your Life around the following values with the most valued priority being number one. *

Body Mind Spirit Love Family Community Money Work Hobbies

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

12. What does your desired priorities tell you about your actual results? *

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. What are you most passionate about? (you can only select one) *

- Engaging culture for transformation
- Helping the weak/vulnerable/poor
- Helping people overcome sin and suffering
- Showing people how to eat healthy
- Helping people be healthy physically
- Helping the earth be more sustainable
- Inspiring people to overcome challenges
- Sharing the gospel verbally with unbelievers
- Making disciples of current believers
- Leading disciples to be high level leaders

16. Write a one sentence eulogy you would like for your closest spiritual mentor to share at your funeral. *

17. Rank the following news headline for your next big goal in life you want to accomplish:

They were Victorious _____

They Gave it Everything _____

No Doubt We Were Better Because of Them _____

They Prepared More than Anyone _____

They Took The Gospel to Everyone _____

They Helped So Many People _____

They Had Fun _____

They Fought Their Temptations _____

They Have Insane Grit _____

They Trained Hard for It _____

18. Rank these statements about you in regard to Habit/Discipline/Grit: (think about what you would say about you) *

They get up early to grind it out. _____

They prioritized sustainable energy. _____

They stay up late working. _____

They rested really well. _____

They stayed very healthy. _____

They had a disciplined spiritual life. _____

They never gave up on a goal. _____

They were tough. _____

They were available. _____

They were methodical. _____

21. What are four practical "hows" that you are able to accomplish that sentence (now called your 'why') at your job? *

22. What are four practical "hows" that you are able to accomplish your "why" outside of work? (i.e. family, friends, hobbies, city, world) *

23. Which of the following has the most impact on you missing your "why" on a daily basis? (later referred to as "struggle") *

- Impatience
- Anger
- Lack of focus
- Lack of discipline
- Discontentment
- Jealousy
- Sloth

24. How does self-centeredness feed your struggle? *

25. Impact of "struggle" on your "Why" *

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
My struggle makes me desire affirmation rather than faithfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My struggle makes me not accomplish much at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My struggle makes me prioritize other peoples success over my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My struggle makes me desire to run to the tyranny of the urgent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My struggle makes me focus on my 'limiting belief'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

26. Interact with this statement: my struggle impacts my ability to accomplish my why because

_____ *

27. I have everything I need... *

- Yes
- No

28. Rank the following by what you need the most, and don't have, to fulfill your 'why?' *

Training Grit Discipline Organization Resilience Courage Patience Focus Humility

to be a good family member to be

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____