

Why I do what I do

Intent and purpose: To reconnect with your passions or to become aware of why you are doing what you are doing, as a first step to seeing what is working and what is not.

Think back to when you first began your career/vocation (perhaps even as far back as when you first decided what course of study you would pursue). What were your motivations to choose that course? (You may choose more than one option)

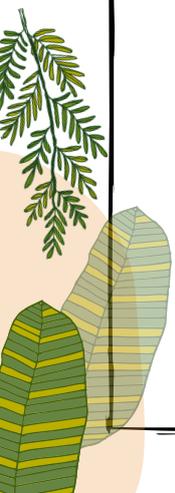
Imagine you are about to receive a lifetime achievement award and this takes you down the memory lane... Think back to when you first began your work/vocation and reflect on your motivation to choose that course of action. Here are some options for you to consider (feel free to choose more than one option):

- I always knew I wanted to be
- My parents wanted me to be/do
- I drifted into the course/did not have enough marks for anything else
- This was the only area of study available for me in my city/area
- A sense of duty/obligation
- To follow in my family's footsteps e.g. a family of doctors/academics
- I wanted to make a difference in the world
- I wanted to heal/change the world
- I wanted to uplift those who had it worse than me
- The course was a stepping stone to (e.g. moving out of my home/city)
- I wanted to be remembered for all the good I do

Any other: _____

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Write down any thoughts/observations you had while reflecting on the above:



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Now, think of your life today, and respond to this – why do I do what I do? (Again, more than one response is possible):



- To pay the bills
- To give back to society
- It is my passion
- It is what my parent/s or family wants
- I love making a difference in people's lives
- I like feeling useful
- It is very satisfying to (e.g. see people's lives change)
- I don't know what else to do / and this will do
- This is a stepping stone to bigger things (study, move abroad, better job etc.)
- I like it when I tell people about my work and they look impressed/inspired



Any other: _____



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Have your motivations/desires/priorities remained the same over the years or changed somewhat? Please write down any other thoughts/observations you had while reflecting on the above:

