

# Discover Your Why: A Teen's Personal Exploration Worksheet

## PART 1: Who Am I Right Now?

1. What are 3 things I'm good at?  
(These can be academic, creative, athletic, social, etc.)
  - a.
  - b.
  - c.
  
2. What are 3 things I enjoy doing, even if I'm not great at them yet?
  - a.
  - b.
  - c.
  
3. What's one thing I've done that I'm proud of?
  
  
4. What are some topics or causes that matter to me?  
(e.g., animals, social justice, video games, helping others)

## **PART 2: What Kind of Life Do I Want?**

5. What does my ideal day look like 10 years from now?  
(Where are you? What are you doing? Who are you with?)
  
6. What kind of work or activities would I be excited to wake up for?
  
7. What kind of person do I want to be known as?  
(e.g., kind, creative, hardworking, independent)

## **PART 3: Connecting the Dots**

8. If I could learn anything right now, it would be:
  
9. How can learning help me get closer to the life I want?  
(Think skills, experiences, knowledge)
  
10. One small goal I could set this month to move toward my future is:

### **Bonus: Vision Board (Optional)**

Create a physical or digital vision board with:

- Images of your ideal future
- Inspiring quotes or role models
- Goals and dreams (big or small)