

The background is a dense collage of various photographs from the Aurora Institute Symposium 2019. The images show people in various settings: some are speaking at podiums, others are in group discussions, and some are posing for photos. The collage is overlaid with a semi-transparent blue filter. The main title 'AURORA INSTITUTE Symposium' is centered in white. 'AURORA' is in a large, serif font, with a stylized eight-pointed star inside the letter 'O'. 'INSTITUTE' is in a smaller, all-caps, sans-serif font. 'Symposium' is in a large, italicized, serif font. A thin horizontal line is positioned below the word 'Symposium'.

# AURORA INSTITUTE *Symposium*

OCTOBER 24 – 26, 2022 | VIRTUAL



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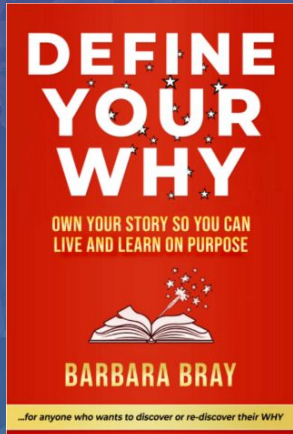
## Book Study: Define Your WHY

Monday, October 24, 2022

3:30 pm to 4:30 pm ET



Barbara Bray  
@bbray27



Aurora#22



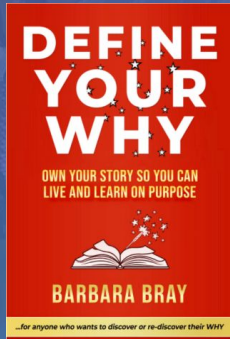
# Welcome!

- Rename yourself to include your full name on Zoom
- Turn on your camera (click video)
- Share where you're joining us from in the chat and add your name and Twitter handle





# Overview

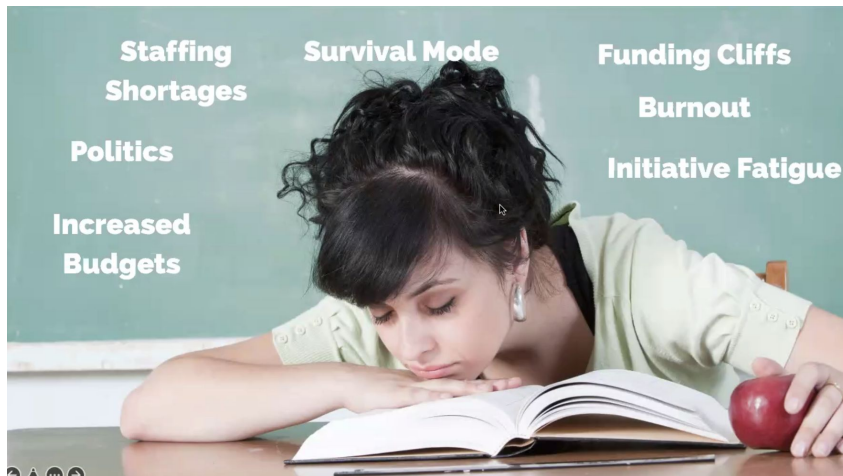


- 1. Moving Beyond Comfort Zone**  
How does facing our fears help us move beyond your comfort zone, so we can learn, grow, and innovate?
- 2. Exploring *ikigai* Through Self-Discovery**  
How do you determine if your WHY based on *ikigai* is aligned to your WHAT and then be able to create a draft WHY statement?
- 3. Wellbeing and Heart Work**  
How do you take what you learned from discovering your WHY to focus on well-being for yourself and your learners?

# Moving Beyond Your Comfort Zone

Comfort Zone?  
Really?





# F.E.A.R.

has other meanings.

Here are two:

**Forget Everything And Run  
OR  
Face Everything And Rise  
The choice is yours.**

Define Your WHY - page 113

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**“When we are no longer able to  
change a situation, we are  
challenged to change ourselves.”  
—Victor Frankl**

**These can be your stories...**

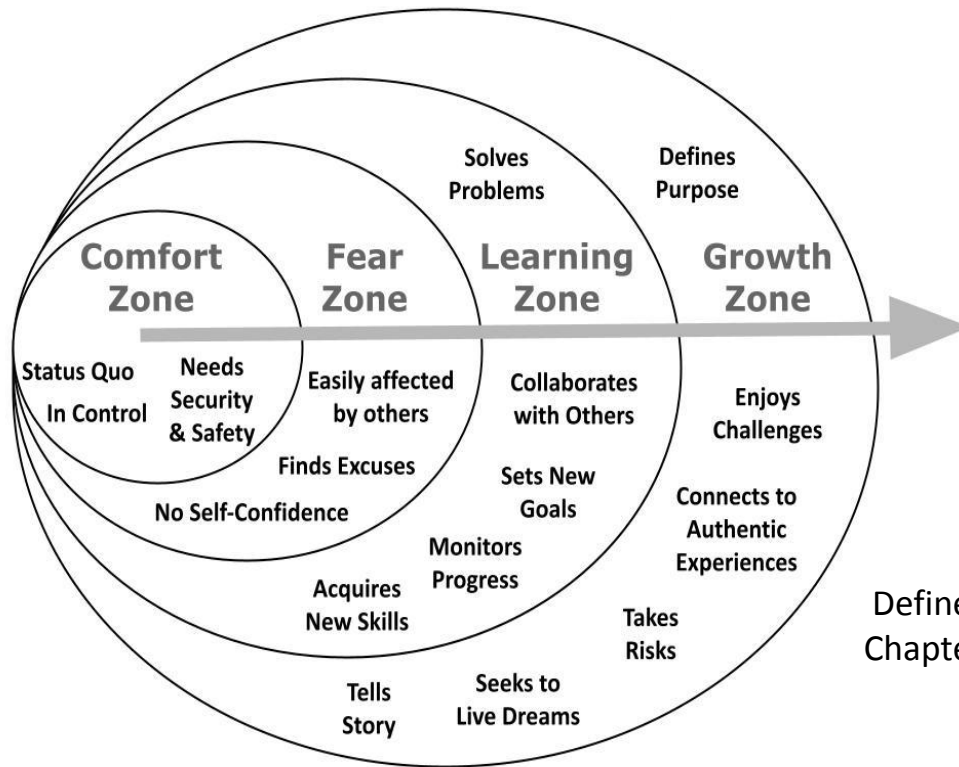
IF IT DOESN'T  
CHALLENGE YOU,  
IT WON'T  
CHANGE YOU.

**“Nothing is impossible. The  
word itself says I’m possible.”  
~ Audrey Hepburn p.185**



# Moving Beyond Comfort Zone

*"Don't be afraid to start over again. This time you're not starting from scratch, you're starting from experience."*  
unknown P. 233



Define Your WHY  
Chapter 12





# Exploring *ikigai* Through Self-Discovery

## 生き甲斐 ikigai

**ikigai** is the Japanese concept of “**a reason for being.**” Everyone has an ikigai. To find it requires a journey of self discovery. But the search is worth it.

Your ikigai is the meaning to your life.



*“Our ikigai is different for all of us, but one thing is common is that we are all searching for meaning.”*

~ Hector Garcia Puigcerver  
Define Your Why, CH 6, p.99

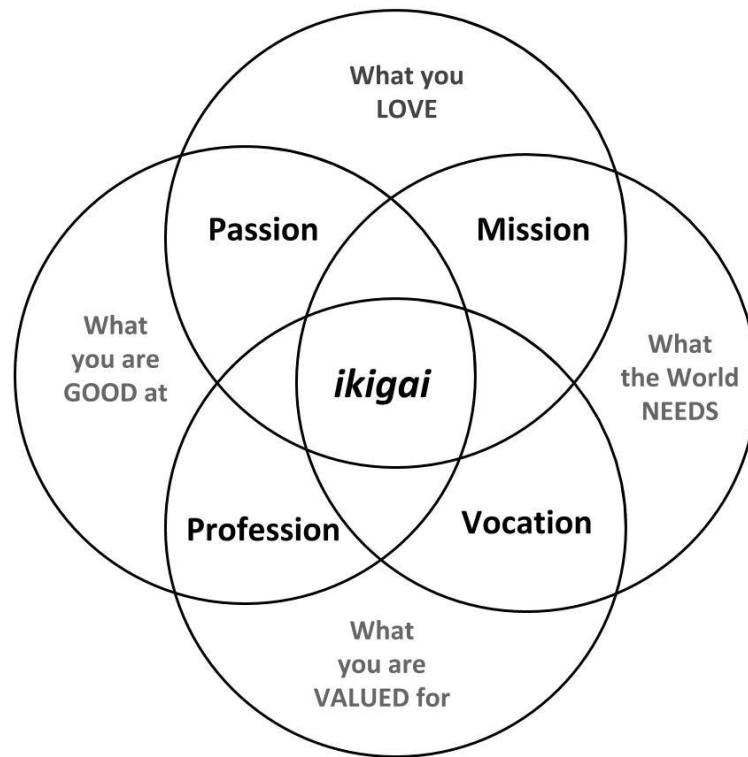
<https://bit.ly/ikigai-bray>



## What You LOVE

Brainstorm all aspects of your life that make your heart sing.

Consider what brings you happiness, joy, a sense of belonging, excitement, and even peace and calmness.



## Waterfall Chat

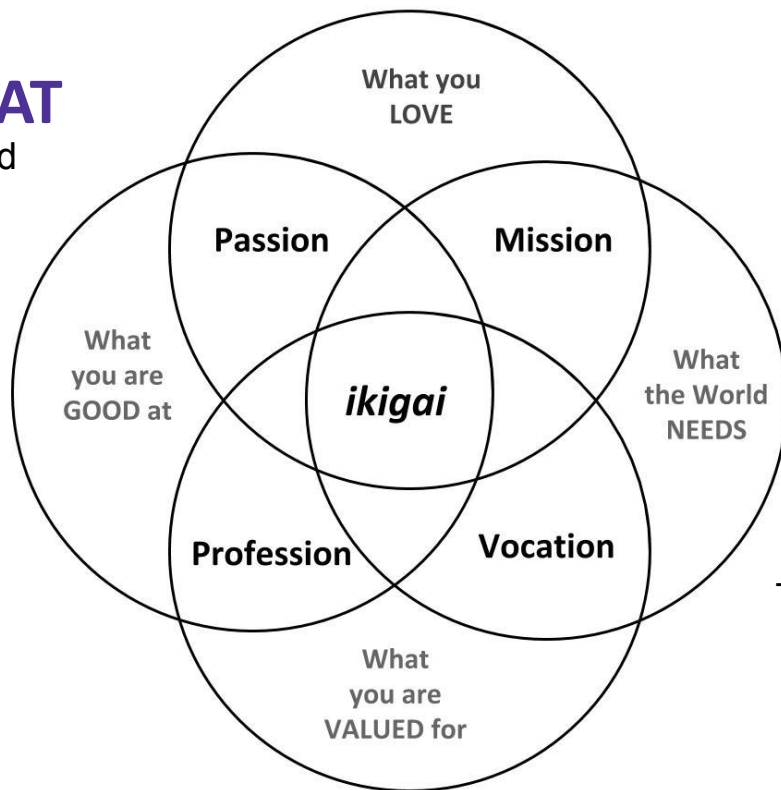
Add keywords, phrases, and any ideas for the things you love.  
Don't hit SEND.



## What You're GOOD AT

Brainstorm what you believe and know that you're good at.

Consider your strengths, skills, dispositions, and talents.



## Waterfall Chat

Type the keywords, phrases, and any ideas for the things you are good at.  
Don't hit SEND.



Purpose is the reason you  
journey. Passion is the fire  
that lights your way.

lifesperks.wordpress.com



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[padlet.com/barbara\\_bray/sharepassion](https://padlet.com/barbara_bray/sharepassion)

## What You LOVE

All aspects of your life that make your heart sing.



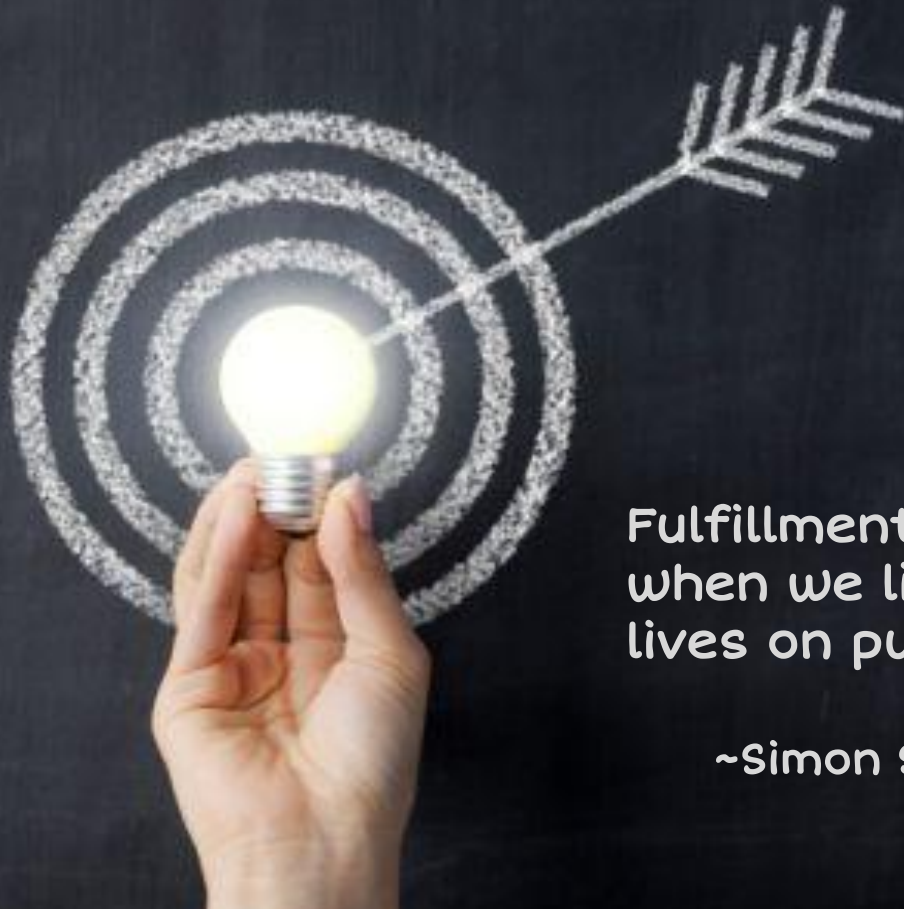
## What You're GOOD AT

What you believe and know that you're good at



# WHY before WHAT and HOW

Most of us live our  
lives by accident –  
we live as it  
happens.

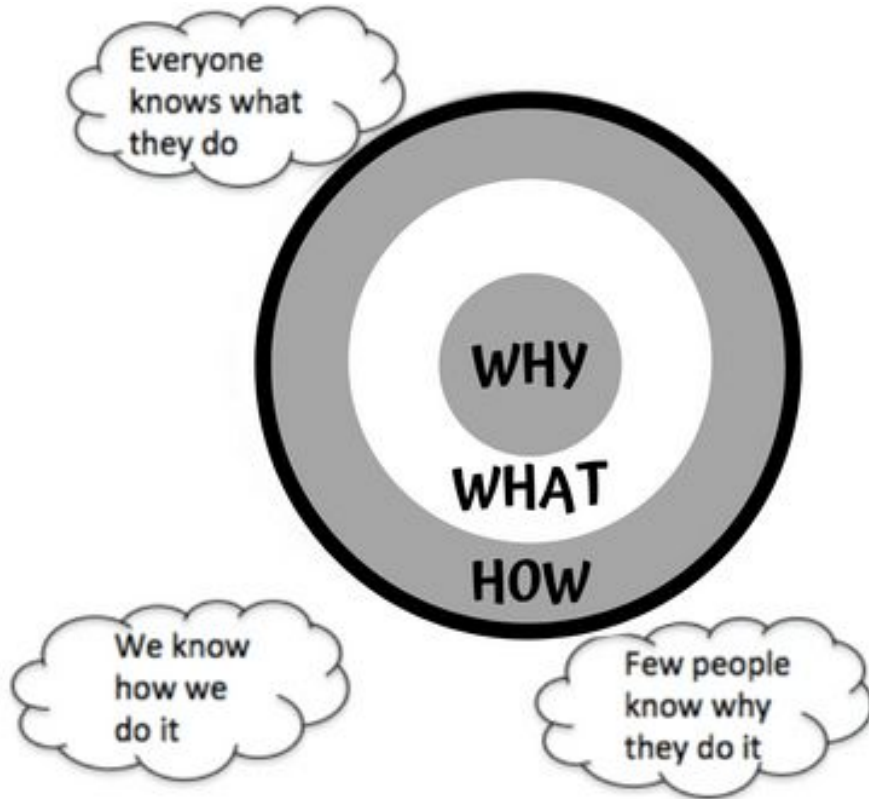


Fulfillment comes  
when we live our  
lives on purpose.

~Simon Sinek



# Simon Sinek's Golden Circle



## Why = The Purpose

What do you believe? What makes your heart sing?

## What = The Goal

What you plan to do ? The results of your Why: Your proof.

## How = The Process

Specific actions you take to realize your Why.

Chapter 3: Define Your WHY



## Simon Sinek

<https://startwithwhy.com/>

### Why = The Purpose

What do you believe? What makes your heart sing?

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What you plan to do ? The results of your Why. Your proof.

### How = The Process

Specific actions you take to realize your Why.



### My WHY Statement

To share stories, strategies, and a process so that I can inspire others to tell their stories.

### Your WHY Statement

My contribution = \_\_\_\_\_

My impact = \_\_\_\_\_

This becomes your WHY statement:

To \_\_\_\_\_ (contribution) so that  
\_\_\_\_\_ (impact).



# Wellbeing and Heart Work



*“Doing the Heart Work before the Hard Work”*

~ Dr. Basil Marin

*“It is only with the heart that one can see rightly; what is essential is invisible to the eye.”*

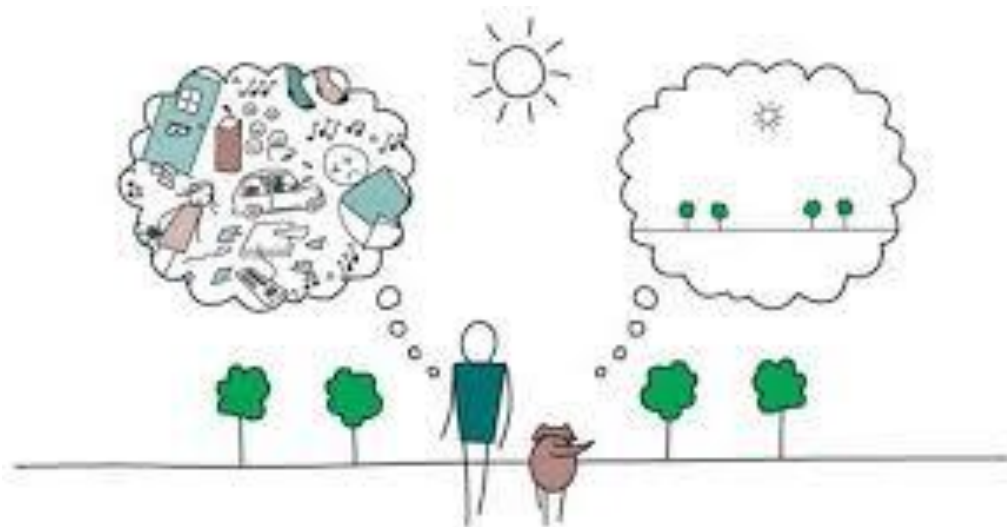
~ Antoine de Saint-Exupéry,  
*The Little Prince*

*“Everyone you meet is fighting a battle you know nothing about. Be Kind.”*

~ Robin Williams p.127

Chapter 7: Define Your WHY





## Mind Full, or Mindful?

Reflection #9: [Empathy for YOU in Uncertain Times](#)

*"I was becoming a  
Human Doing, instead  
of a Human Being"*  
P. 120

*"If we practice mindfulness,  
we always have a place  
when we are afraid."*  
~ Thich Nhat Hanh p.123

Chapter 7: Define Your WHY

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# CONSIDER THESE REMINDERS FOR UNCERTAIN TIMES

1. A bad day does not equal a bad life.

You are not  
this struggle

2. All your feelings are valid, real, and allowed.

Feelings are  
not facts

3. The only way out is to go through it. Bummer!!



4. You are **LOVABLE** and **ENOUGH** always.

Be gentle  
with yourself

5. Nothing stays the same. Life guarantees this

6. It's okay to ask for help. Reach out!!

Be true to  
yourself

7. You can't be everything to everyone.

8. Trust your inner voice, strength, and resilience.

And be vulnerable

9. You're not alone. We're better together.

10. Focus on the things you can control.

And let go of  
the rest

This is easier said  
than done



## Relationships are the Gateway to Kids' Hearts

*"Even on your worst day, you can be a student's best hope."*

~ Manny Scott



Compassion over compliance



Kids and relationships first before content



Establish a culture based on trust, respect, and valuing each person



Every person needs to feel a sense of belonging where they are safe, seen, and heard





## Simon Sinek

<https://startwithwhy.com/>

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Specific actions you take to realize your Why.



### My WHY Statement

To share stories, strategies, and a process so that I can inspire others to tell their stories.

### Write your Draft WHY Statement

My contribution = \_\_\_\_\_

My impact = \_\_\_\_\_

This becomes your WHY statement:

To \_\_\_\_\_ (contribution) so that  
\_\_\_\_\_ (impact).

# rethinkinglearning

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RethinkingLearning

Rethinking Learning

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Toolkit [barbarabray.net/toolkit/](https://barbarabray.net/toolkit/)

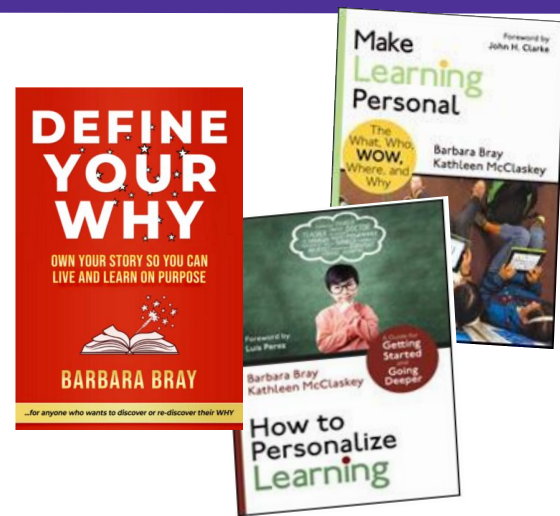
Define Your Why Resources

[barbarabray.net/define-your-why](https://barbarabray.net/define-your-why)



Twitter chat: [#rethink\\_learning](https://twitter.com/rethink_learning)

Every other Monday 4p PT, 7p ET



Author, Define Your WHY

Co-author, Make Learning Personal  
and How to Personalize Learning

# Questions?

