



AURORA
INSTITUTE
Symposium

OCTOBER 24 – 26, 2022 | VIRTUAL



AURORA

INSTITUTE

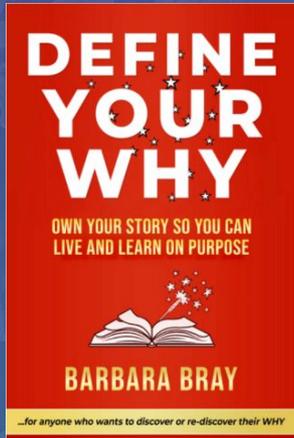
Symposium

OCTOBER 24 – 26, 2022 | VIRTUAL

Book Study: Define Your WHY
Monday, October 24, 2022
3:30 pm to 4:30 pm ET



Barbara Bray
@bbray27



Aurora#22

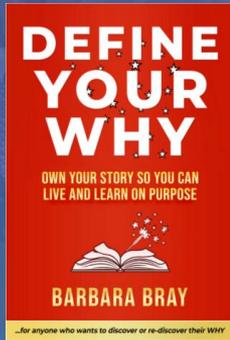


Welcome!

- 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



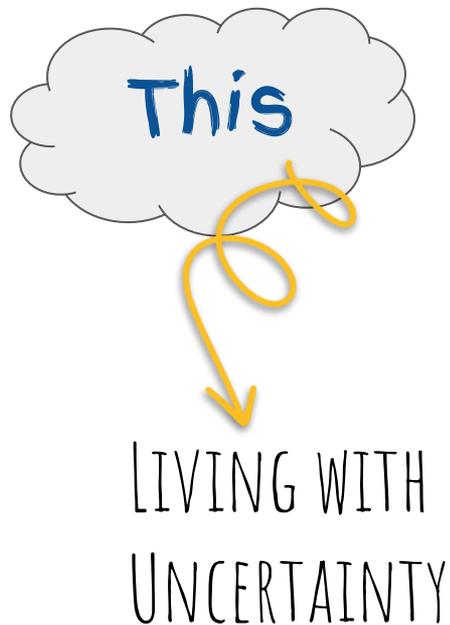
1. **Moving Beyond Comfort Zone**
How does facing our fears help us move beyond your comfort zone, so we can learn, grow, and innovate?

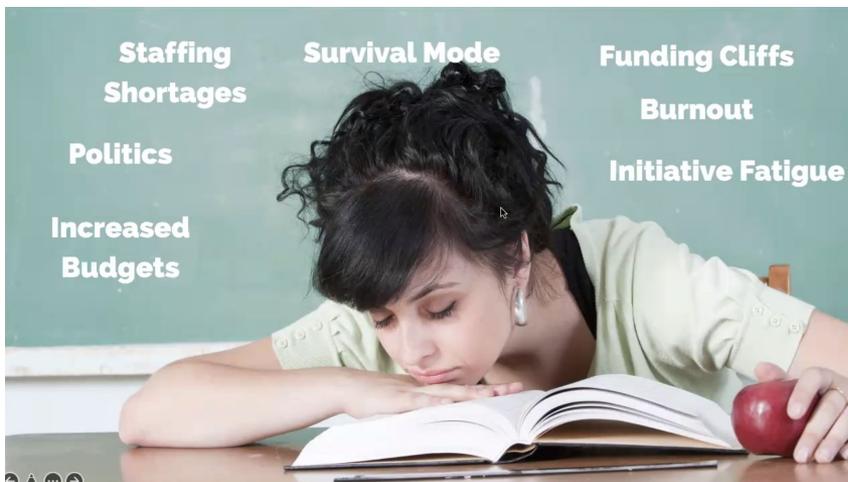
2. **Exploring *ikigai* Through Self-Discovery**
How do you determine if your WHY based on *ikigai* is aligned to your WHAT and then be able to create a draft WHY statement?

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

#Aurora22 • @bbray27 • #DefineYourWhy • barbarabray.net/define-your-why



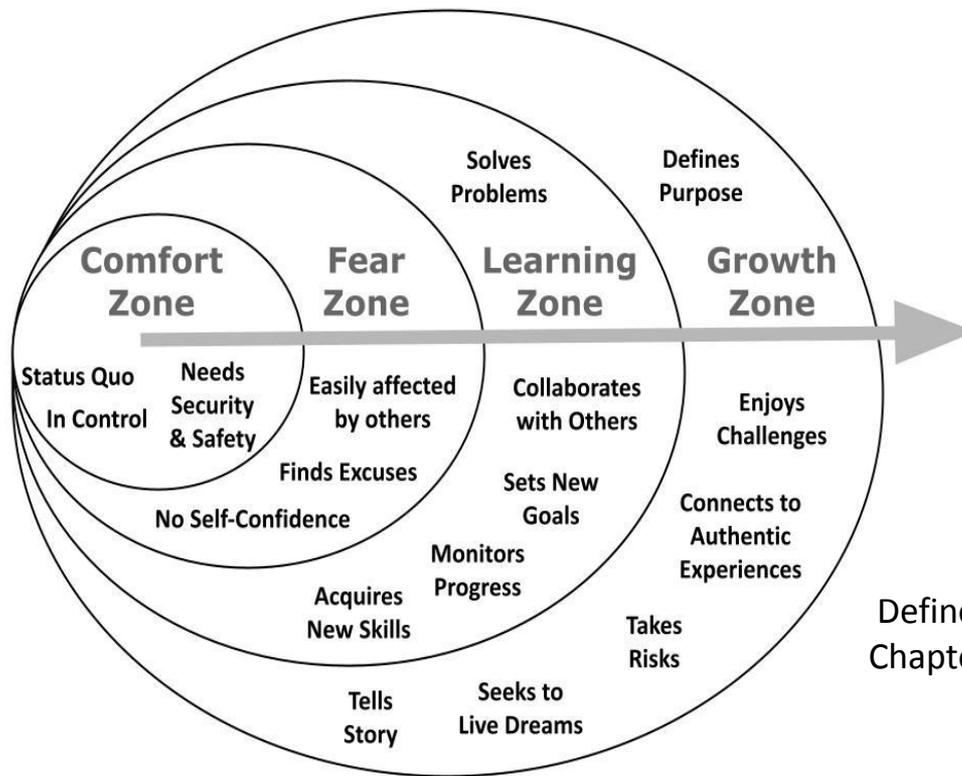


“Nothing is impossible. The word itself says I’m possible.”
~ Audrey Hepburn p.185



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>

#Aurora22 • @bbray27 • #DefineYourWhy • barbarabray.net/define-your-why



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

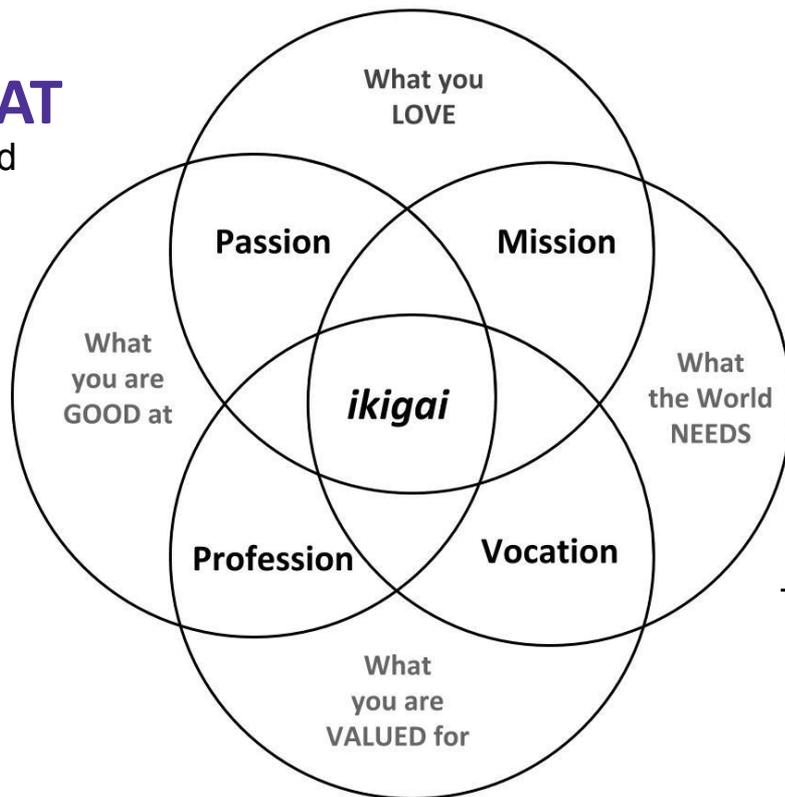
Add keywords, phrases, and any ideas for the things you love.
Don't hit SEND.



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

#Aurora22 • @bbray27 • #DefineYourWhy • barbarabray.net/define-your-why





padlet.com/barbara_bray/sharepassion

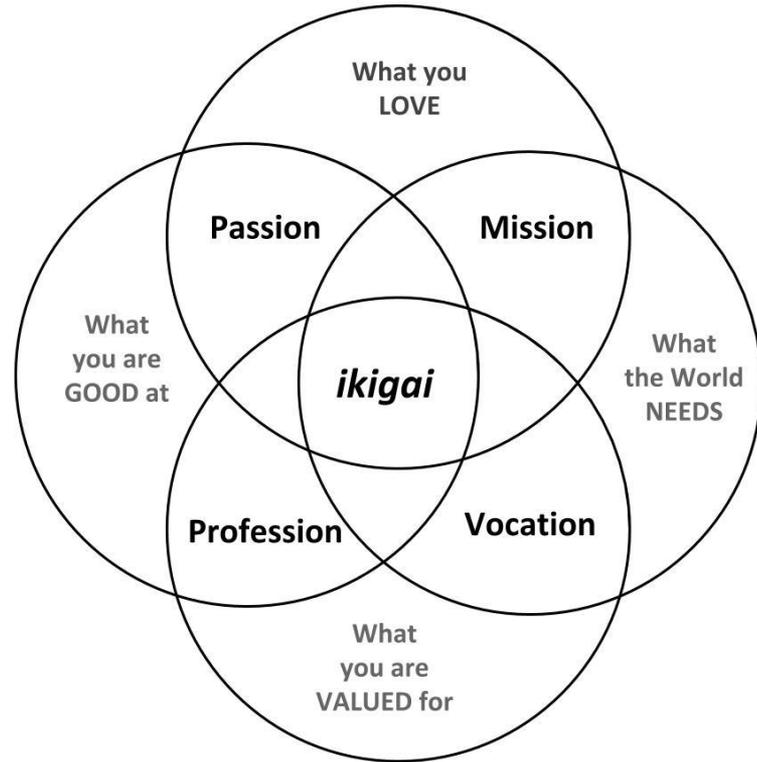
What You LOVE

All aspects of your life that make your heart sing.



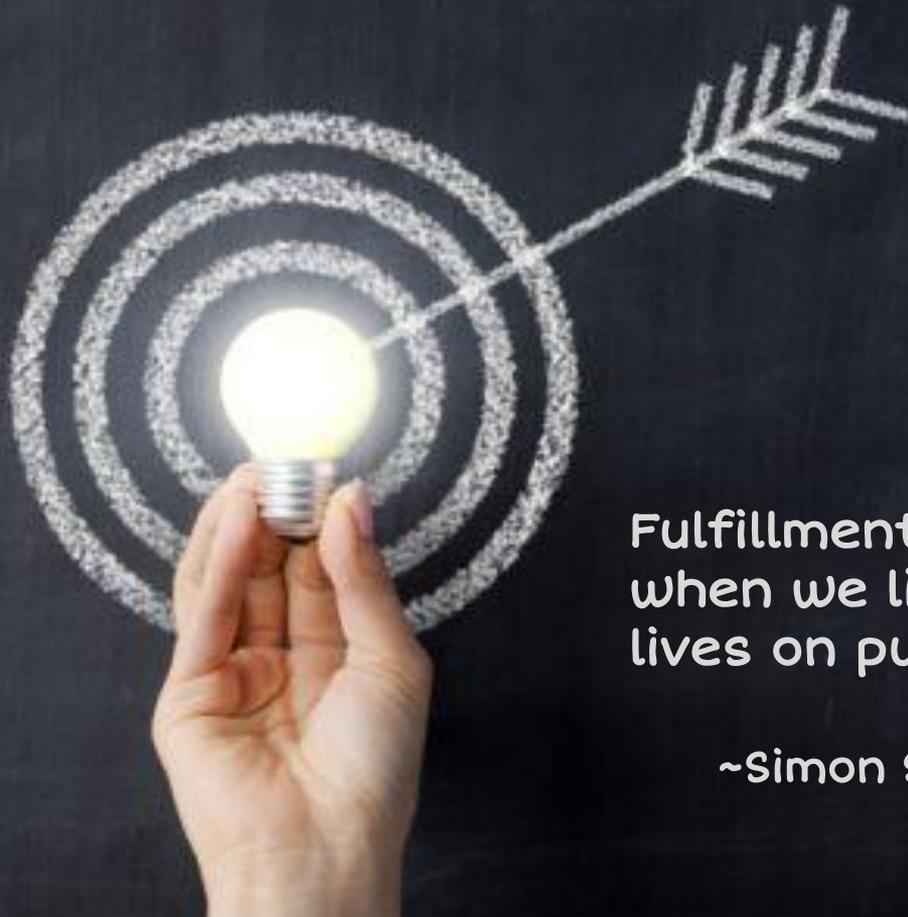
What You're GOOD AT

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.

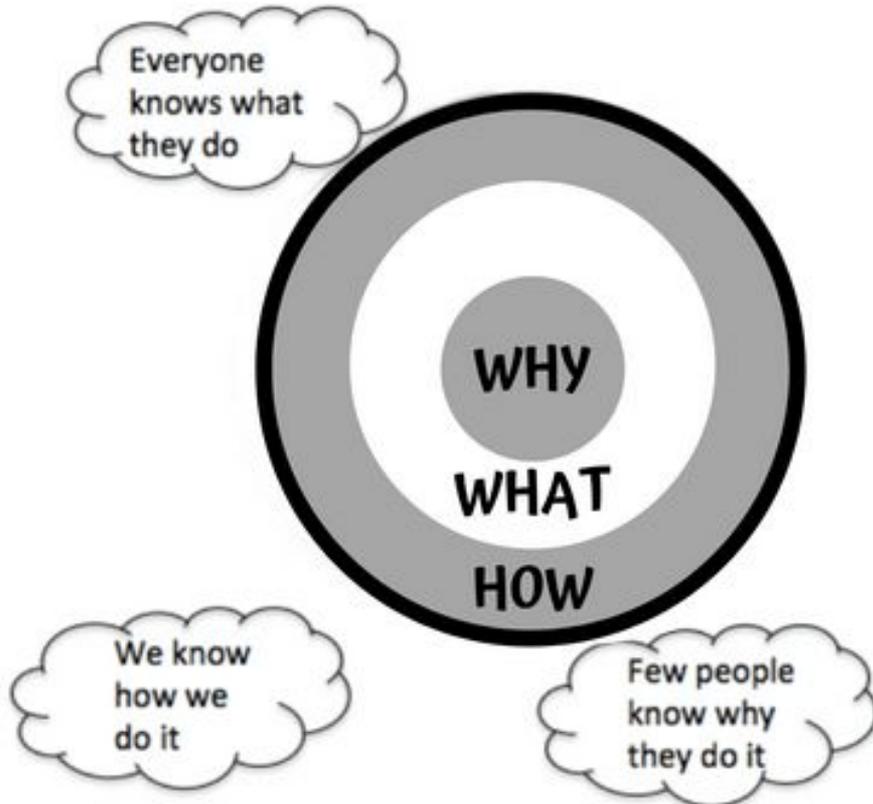


Fulfillment comes when we live our lives on purpose.

~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?

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.



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).



“Doing the Heart Work before the Hard Work”

~ Dr. Basil Marin

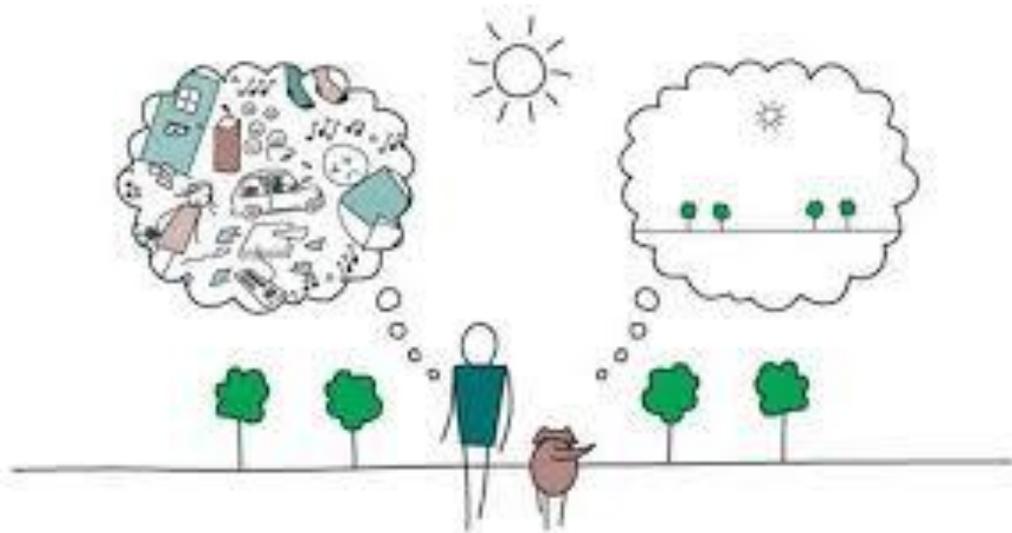
“It is only with the heart that one can see rightly; what is essential is invisible to the eye.”

~ 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

#Aurora22 • @bbray27 • #DefineYourWhy • barbarabray.net/define-your-why



1. A bad day does not equal a bad life.
2. All your feelings are valid, real, and allowed.
3. The only way out is to go through it. Bummer!!
4. You are **LOVABLE** and **ENOUGH** always.
5. Nothing stays the same. Life guarantees this
6. It's okay to ask for help. Reach out!!
7. You can't be everything to everyone.
8. Trust your inner voice, strength, and resilience.
9. You're not alone. We're better together.
10. Focus on the things you can control. And let go of the rest

You are not
this struggle

Feelings are
not facts

Be gentle
with yourself

Be true to
yourself

And be vulnerable

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/>

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.



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

by Barbara Bray
Creative Learning Strategist



Email: barbara.bray@gmail.com

Twitter: @bbray27

LinkedIn: barbarabray

Instagram: bbray27

Facebook: barbara.bray

RethinkingLearning

Rethinking Learning

<https://barbarabray.net>

Podcasts barbarabray.net/podcasts/

Toolkit barbarabray.net/toolkit/

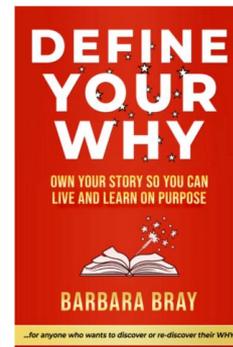
Define Your Why Resources

barbarabray.net/define-your-why



Twitter chat: [#rethink_learning](https://twitter.com/hashtag/rethink_learning)

Every other Monday 4p PT, 7p ET



Author, Define Your WHY
Co-author, Make Learning Personal
and How to Personalize Learning



Questions?

