

# WHY DO YOU DO WHAT YOU DO?

Why do you brush your teeth? \_\_\_\_\_

Why do you get up in the morning? \_\_\_\_\_

Why do you drive? \_\_\_\_\_

Why do you go to work? \_\_\_\_\_

Why do you go shopping? \_\_\_\_\_

Why do you eat? \_\_\_\_\_

Why do you take a shower? \_\_\_\_\_

Why do you drink water? \_\_\_\_\_

# WHY DON'T YOU DO SOME THINGS?

Why don't you smoke? \_\_\_\_\_

Why don't you gossip? \_\_\_\_\_

Why don't you lie? \_\_\_\_\_

Why don't you eat junk? \_\_\_\_\_

Why don't you spend time with bad influences? \_\_\_\_\_

# WHY DO YOU DO WHAT YOU DO?

WRITE IN THE LEFT COLUMN WHAT YOU DO, THINK, OR FEEL IN A DAY. THE GOAL IS TO REALIZE THAT EVERYTHING YOU DO, WHETHER IT IS GOOD OR BAD, HAS A REASON BEHIND IT.

USING THE EXERCISE BELOW, TAKE EACH WORD OR PHRASE IN THE LEFT COLUMN THROUGH IT TO FIND THE ROOT “WHY?” BEHIND EACH ONE.

## EXAMPLE FOR FINDING THE ROOT “WHY?” BEHIND WHAT YOU DO

Why do you brush your teeth? *Probably because you don't want to get a cavity.*

But why don't you want a cavity? *Maybe because you don't want to go to the dentist.*

Then why don't you want to go to the dentist? *Perhaps because you don't like the dentist.*

But why? *Could be because you are afraid of what they will do.*

Why are you afraid? *Possibly because you don't trust God to protect you.*

## LETS TRY THIS ONE

Why do you consume social media? *Because I'm bored.*

Why are you bored? *Because I don't want to do anything on my list.*

Why? *Because I don't feel like it.*

Why? *Because there doesn't seem to be any reason to do it. I have no motivation.*

Why? *Because I have no purpose. Nothing to wake up to that excites me.*

## YOUR TURN

Take something you do and trace it down to the root. When you can't answer another “Why?” you've gone as far as you can. That is the root reason for why you do whatever that thing is.

**Common Thought, Feeling, or Action:** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

**Why?** \_\_\_\_\_

# WHY DO YOU *REALLY* DO WHAT YOU DO?

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