



## REASONS WHY

### A Creative Exercise by entreQuest

eQ's **25 REASONS WHY** is a decision-making tool designed to help you understand what matters most. The results of this exercise can be applied to your business and personal endeavors.

#### DIRECTIONS

On the lines below, list the 25 reasons why you do what you do. You should complete this exercise in a quiet, relaxed environment that will allow you to reflect on your responses. For the best results, complete this exercise in one sitting.

- |                                    |                                    |
|------------------------------------|------------------------------------|
| <input type="checkbox"/> 1. _____  | <input type="checkbox"/> 14. _____ |
| <input type="checkbox"/> 2. _____  | <input type="checkbox"/> 15. _____ |
| <input type="checkbox"/> 3. _____  | <input type="checkbox"/> 16. _____ |
| <input type="checkbox"/> 4. _____  | <input type="checkbox"/> 17. _____ |
| <input type="checkbox"/> 5. _____  | <input type="checkbox"/> 18. _____ |
| <input type="checkbox"/> 6. _____  | <input type="checkbox"/> 19. _____ |
| <input type="checkbox"/> 7. _____  | <input type="checkbox"/> 20. _____ |
| <input type="checkbox"/> 8. _____  | <input type="checkbox"/> 21. _____ |
| <input type="checkbox"/> 9. _____  | <input type="checkbox"/> 22. _____ |
| <input type="checkbox"/> 10. _____ | <input type="checkbox"/> 23. _____ |
| <input type="checkbox"/> 11. _____ | <input type="checkbox"/> 24. _____ |
| <input type="checkbox"/> 12. _____ | <input type="checkbox"/> 25. _____ |
| <input type="checkbox"/> 13. _____ |                                    |

#### Once you've completed your 25 Reasons Why:

Review your responses and draw a checkmark beside your top five answers. Then, of the answers you checked, circle the one that matters most. This is the reason you do what you do.