



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Let Your "Why" Unfold Daily

By Creative Katrina

Some days our "why" is crystal clear.

We wake up, knowing what we desire to accomplish and what motivates us to go after it. Signs abound, signaling we are on track with our "why", and it makes us feel empowered, connected, and excited.

Other days, life has different plans. Things don't flow. We feel disconnected. Our "why" seems far away, or like it doesn't quite fit, forcing us to question it, as our motivation and self-confidence takes a hit. And one doubt may turn into many.

Even when we've done the self-discovery work, and practice mindfulness and gratitude, we can still question our "why", rehashing the reasons it felt like the right path. Or, we slowly dismantle the trust we had in our intuition and choices.

More importantly, when we think we have a core "why" that is clear and solid, we tend to forget that it's influenced by our daily journey and experiences, just as we are, too.

When I was young, I had a wonderful teacher who encouraged me to write. She saw I had raw talent and a sensitivity for seeing the light in people, and in turn, helping them see it within themselves. At the age of 10, there was no way for me to comprehend this concept and turn it into my "why", so I thought my "why" was to write as an occupation.

Yet, when I moved into a writing career, it wasn't nearly as fun, nor did it flow the way I expected. Corporate writing was limiting and structured, not open and interesting. I didn't get ahead or make the money I thought I would, even after starting my own business, and began to feel very off track.

I continued down this path for a while, and finally did hit the financial jackpot with an IBM contract. It was lucrative, but intense work, and I quickly noticed my passion for writing leaking away even faster.

What I realized once I launched into my deep, introspective personal work after my four year IBM gig, was that I always saw my "why" as writing because it was pointed out to me, and I was skilled in it. Especially corporate and marketing writing. What I didn't realize is how limiting my "why" really was because of the same reason; I was seeing only one aspect of how my creative gift, or "why", could serve others, and it was limiting my creative expansion and happiness.

So while the mind might want to put a word, label, and purpose to your "why" to help it feel more socially accepted and tangible, the most important part is to understand and connect with it, each and every day. This mindset keeps you grounded, present, and tuned into your heart's voice, while the allure of your "why" pulls you ever forward as it evolves and expands with you.

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My unique support services help clients heal creative blocks, create deep personal clarity, and build confidence in self-expression. I offer creativity and writing coaching, content consulting, intuitive guidance sessions and classes.

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*The attraction of **our** Light connected with the essence of **your** Light! And so it is ...*