

# What's Your Why? The Power of Purpose!



Presented by Sean Foy, MA

*“The two most important days in your life are the day you are born and the day you find out why.”*

-Mark Twain

# What's Your Why?

1. Life Quest-Searching for Buried Treasure
2. The Science of Purpose
3. The Why of Wellness
4. Powerful Purpose Practices-Your One Thing
5. Crafting Your Why



# SECTION 1



## *“Life Quest”*

Searching for Buried Treasure

Clue #1-Look Behind You

# Buried Treasure

## Section One Questions:

1. “When you were a child what did you most enjoy doing?”
2. “What did you day dream about?”
3. “What did you want to be when you grew up?”





# SECTION 2



# The Science of Why

# The Science of Why

1. Live Longer
2. Protect against Heart Disease
3. Prevent Alzheimer's
4. Handle Pain and stress better
5. Have Better Relationships
6. Strengthens Immune system
7. Adopt healthier lifestyles





Clue #2: Look Beside You

# The Science of Why:

## Section Two Questions

1. “What are the things I have always been good at?”
2. “What are my greatest strengths?”
3. “What makes me feel alive?”



## SECTION 3



# The Why of Fitness, Health & Wellbeing

Clue #3: Look Above You

# The Why of Fitness, Health & Wellbeing

## Section Three Questions:

1. “If you could instantly change ONE thing about your health, fitness and wellbeing what would it be?”  
**WHY?**
2. **Dream Big:** “What would you do with your newfound fitness, health & wellbeing?”
3. **Ask Yourself:** “If there was ONE THING I could do, that I am not doing now....?”



## SECTION 4

# Your One Thing

Finding your Center



# What's Your Why?

- “I want to be a fit grandma!”
- “I want to be fit and healthy to reach my life goals.”
- “I am a doctor and I want to help as many people as I can!”
- “I want to have extra energy so I can play with my kids when I get home from work.”
- “I want to be my kids’ hero.”



Clue #4: Look Around You

# What's Your One Thing?

## Your 90<sup>th</sup> Birthday



1. Who's there?
2. What do they say?
3. What is ONE thing you want said?

# SECTION 5



## “Crafting Your Why”

Putting Your “Why” Into Words & Action

Clue #5: Look In Front of You

# Discovering Your Why?

## Section Five Questions



### Writing and Setting your Why Goals

1. What makes you cry?
2. What makes you happy?
3. What gives you hope and energy?
4. What would you like to change in the world around you?
5. What do you see that isn't-but could be?



# What's your Why?

- One Word
- One Phrase
- One Sentence
- One Paragraph

# What's Your Why Homework

Crafting Your Why:



## Imagine One Year from Today

- How are you planning to find your “Why”?
- How can you help others find their “Why”?

THE  
POWER  
OF  
10-MINUTE  
INTERVAL  
TRAINING

"SEAN'S PROGRAM CHANGED MY LIFE."

—WILLIAM SEARS, M.D.

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Coauthor of the *New York Times* bestseller  
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## LEVEL 1 • WORKOUT 3

### 4 minutes | High-Energy Aerobic Training

When is the last time you did a Jumping Jack? Whether it's been two months or two decades, now is the time to reintroduce this classic exercise to your fitness routines. When performed in a H.E.A.T. sequence, Jumping Jacks are not only a great overall body conditioning exercise but also a fantastic metabolism booster. They are a great way

to strengthen your heart, shoulders, arms, legs and core. Alternate 30 seconds of Marching in Place with 30 seconds of Jumping Jacks for 4 minutes. As you get warmed up, try to make your movements faster. During the last 30 seconds of Jumping Jacks, go all out! To make this exercise less or more demanding, see the directions in *The Burst! Workout*.



**Jumping Jacks and Marching in Place**  
Alternate 30 seconds of moderate Marching in Place with 30 seconds of rapid Jumping Jacks. Keep up that pattern for 4 minutes.

## LEVEL 1 • WORKOUT 3

### 3 minutes | Resistance Exercise

This section of your workout trains your upper and lower body muscles with three exercises that are more advanced versions of the basic squat, push-up and lunge. First you'll perform the Wall Slide, similar to the Wall Squat, only now you will be moving up and down the wall. The second exercise, Prowling Tiger Knee Push-Up, is a variation of the

Knee Push-Up that increases the demands upon the muscles of your upper body and core. Your last resistance exercise is the Backward Lunge. In this "butt-blasting" movement, a great variation of the basic lunge, you step back into the lunge position. To make these exercises either easier or more challenging, see *The Burst! Workout*.



**Wall Slide**  
Perform as many Wall Slides as you can in 1 minute.



**Prowling Tiger Knee Push-Up**  
Perform as many Prowling Tiger Knee Push-Ups as you can in 1 minute.



**Backward Lunge**  
Perform as many Backward Lunges as you can in 1 minute, alternating legs.

## LEVEL 1 • WORKOUT 3

### 2 minutes | Core-Strengthening Exercises

These two exercises will firm and strengthen your abs, hips and upper and lower back. The Crossed-Arm Ab Crunch provides you with another way to tighten your abdominal muscles. In this exercise, you lie on the floor and raise your shoulders and upper back off the ground. After doing the crunches, you'll balance out your core-strengthening exercises

by performing some Back Extensions, which are a simple but effective exercise for strengthening your upper and lower back. With this movement, you lie on your stomach and raise your upper body off the ground. To make these exercises either easier or more challenging, see *The Burst! Workout*.

**Crossed-Arm Ab Crunch**  
Perform as many Crossed-Arm Ab Crunches as you can in 1 minute.



**Back Extension**  
Perform as many Back Extensions as you can hold the upward position for 2 seconds and repeat for 1 minute.



## LEVEL 1 • WORKOUT 3

### 1 minute | Stretching and Deep Breathing

The last minute of this 10-minute workout is composed of two stretches that are not only soothing to the mind but also fantastic for increasing the flexibility of your hips and lower body. First is the Standing Back and Hip Stretch, a great movement you can do whenever you're near a chair or bench. For the Floor Spinal Twist, the last movement for this workout, you

will sit on the floor and rotate your upper body as far as you comfortably can in both directions. Remember to move slowly and to breathe deeply when doing your stretches. To make these movements less or more challenging, see *The Burst! Workout*.



**Standing Back and Hip Stretch**  
Hold the Standing Back and Hip Stretch for up to 15 seconds per side.



**Floor Spinal Twist**  
Hold the Floor Spinal Twist stretch for up to 15 seconds per side.

4 minutes

3 minutes

2 minutes

1 minute



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