



# Core Purpose Consulting: Find Your Passion

Presented by Dr. Lynn Miller



Your “WHY” is where inspiration lives and it is the reason for the “What” and the “How.”

# Find Your “WHY”



1. Be willing to bet on yourself
2. Lead your life and not just accept it
3. Love what you do and do what you love
4. Don't compare yourself to others
5. Believe in your vision and future, even when it is not understood by others

# How to Find Your “WHY”



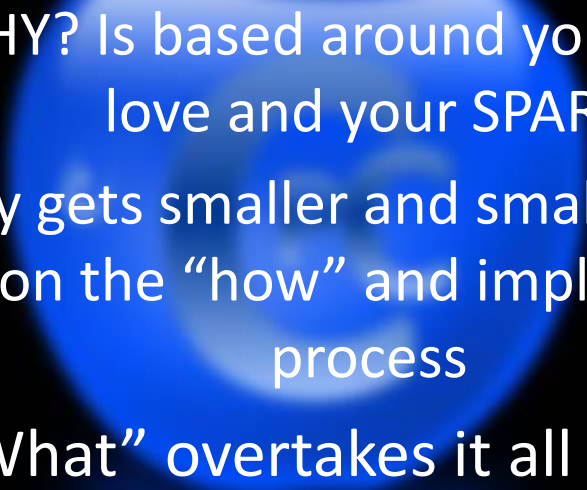
1. Work hard
2. Adding value to others
3. Take Risk
4. Determine what inspires you
5. Keep an open mind
6. Stick with your passion
7. Refinement takes time
8. Do not let the noise distract you

When you know your “WHY”, your “what” becomes more IMPACTFUL because you’re walking TOWARDS or IN your purpose.

Watch this 3 minute example:



# Where Did Your “WHY” Go?

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1. Your WHY? Is based around your inspiration, love and your SPARK
  2. The why gets smaller and smaller when you focus on the “how” and implementation process
  3. The “What” overtakes it all and we lose our Spark, so let us find your “WHY”

# Questions to Ask Yourself - Find Your “WHY”

1. Describe the best feeling or your happiest day you have experienced in your current position.
2. What were the catalyst that contributed to this event?
3. What actions did you take to get you to this point?
4. Why do we do what we do, why do we feel so good when we help someone else succeed or find their ahha?

# The Continued Path to Your “WHY”



To find your “why”, ask yourself, the previous slides #1 question, why can’t I have this feeling every day?

You can, you are in the most impactful position there is, refine your why, define your SPARK and realize that helping yourself and others get and stay healthy is the first step in achieving significance.

Remember success is measured by a test score, significance is measured by the number of lives you influence in a positive manner.





These are examples of some people's "whys"

"A society grows great when old men plant trees whose shade they know they shall never sit in."

-Greek Proverb

"The habits we form from childhood make no small difference, but rather they make all the difference"

– *Aristotle*



## Our “WHY”

“For the first time in nearly 100 years the lifespan of children is declining due to the increase in overweight and this may be the first generation of parents to outlive their children.” *(Brownell & Horgan, 2004)*



# How do you find your Why?

- There is a War on Obesity and Health and Wellness in America
- People do not buy into what you do, but why you do it?
- What, How, Why – Sinek's Golden Circle
- Innovators 2-3%, Early Adopters 13-15% and we need the other 10-20% as a tipping point
- Wright Brothers vs Samuel Pier Ponte (Who had a Purpose/Why?)
  - Similar with Banister and the 4 minute mile



# Research that Supports

- Maxwell – when you find your “way,” you’ll find your “why.”
  - Find what you’re good at
  - What are you passionate about
- Simon Sinek – “How great leaders inspire action
- Inside out actions controls your behavior
- Align and/or hire people who believe what you believe



# Success vs Significance

- Success - What defines it?
- Significance = Impact on students lives
- Where do you see yourself?
  - You are here
  - You been provided tools and strategies to implement what you've accomplished to others
  - What is your next step?

# What is our Purpose?

To educate or to school?

“Education is what survives when what has been learned has been forgotten.”

-B.F. Skinner



# Christopher Columbus

Vision

Faith

Commitment

# Educator Testimonial - they found their “why”

I honestly feel that I have learned so much from the healthy and active schools training and the Core Purpose Consulting team. My mindset was skeptical at first. Being a new Science teacher, I was not excited about it at all. Over the last several months, I have learned to see the benefits of physical activity and health concepts delivered in my classroom. I now have experience doing several activities tied to health and wellness of my own. I have seen first-hand the benefits of movement and health-driven curriculum and I have seen that the students enjoy my class. My students have benefited from my new-found instruction immensely. My resistance to physical activities in my classroom has diminished and I am thankful for your leadership. I honestly feel that my students are better because of my training with your team”.

- **Anonymous Educator**



**What is  
holding you  
back?**





**C  CORE PURPOSE CONSULTING**

**Recess Was My Favorite Subject, Where Did It Go?** is a program that educators can use as a foundation to integrate physical activity and nutritional education into every part of their school day because academics and fitness go hand in hand! ... it's not just about the program; it's about the people behind the program. The authors are people who care about our kids. They know teaching is about commitment, passion and a willingness to create change!

**Jake Steinfeld**, *Chairman, The National Foundation for Governors' Fitness Councils*®

**Recess Was My Favorite Subject, Where Did It Go?** is a valuable tool for the educational professional to utilize as a platform for incorporating health and wellness into instruction. Not only does this work connect with the reasons for getting into the field of education in the first place, it serves as a reminder how vital it is to embrace the whole child each and every day that we serve them.

**Dr. Melissa Sadorf**, *Arizona Small School's 2016 Superintendent of the Year*

#### About the Authors

**William S. Hesse**: The Arizona Health and Physical Education Association: Arizona Physical Education Teacher of the Year

**Chris Lineberry**: Two National Awards, Let's Move Active Schools; Health and Physical Education Teachers Association: Administrator of the Year

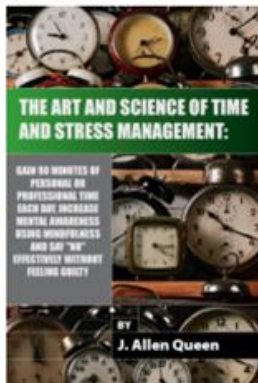
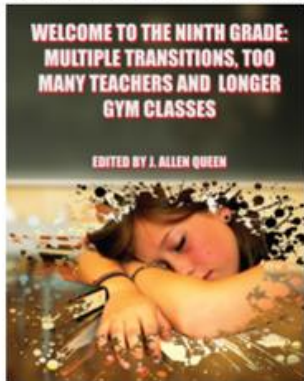
**Lynn Miller**: Deer Valley Education Foundation: Administrator of the Year

**J. Allen Queen**: North Carolina Board of Education: Advisor on Childhood Obesity, The Obesity Society, National Conference Invited Speaker

FORTHCOMING BOOKS AVAILABLE FROM [WWW.WRITERSEDGEPRESS.COM](http://WWW.WRITERSEDGEPRESS.COM)

**Obesity™ and Abusivity™: The Darker Side of Childhood Obesity**

by J. Allen Queen  
Chris Lineberry  
William S. Hesse



Recess Was My Favorite Subject Where Did It Go? The Writer's Edge Press

RECESS WAS MY FAVORITE SUBJECT

WHERE DID IT GO?

Improving Academic Achievement and

Addressing Childhood Obesity In Your Classroom

By Integrating Best Health and Wellness Practices

with Required Instructional Standards

William S. Hesse  
Christopher P. Lineberry  
Lynn Miller  
J. Allen Queen

