

# The Wisdom of W.H.Y. Assessment

Take inventory of your life's history and story to discover the purpose of your W.H.Y.

**W.H.Y. = *What Hurt You***

**W.H.Y. = *Who Hurt You***

**W.H.Y. = *What Helped You***

**W.H.Y. = *What Healed You***

## WHY?

Why are you where you are today? \_\_\_\_\_

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Why did it happen / Why is it happening? \_\_\_\_\_

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## WHY ME?

Did you choose/create the situation? \_\_\_\_\_

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Did you ignore red flags/wise counsel? \_\_\_\_\_

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Do you feel you deserve what has happened/is happening? \_\_\_\_\_



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**WHY NOT ME?**

What have you learned from what happened?\_\_\_\_\_

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What purpose has been discovered from what happened?\_\_\_\_\_

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How can your WHY help someone else?\_\_\_\_\_

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If you are interested in a **FREE 15-minute coaching session**, you can schedule a time to sit we me at [www.iam-mij.com/coach-sessions](http://www.iam-mij.com/coach-sessions).

**Let's talk about it...**  
***Your Transformation Awaits!***

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