Starting Your Day with “Why”

*Start Your Day*

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| **TOPIC (S)** | Identity, Leadership Development  |
| **SUMMARY** | Sometimes, whether it is during a pandemic, at camp, or any other situation, the days start to blend together. A way to combat that is starting your day by deciding your "why" for the hours ahead. Together we will explore Simon Sinek's concept of "Starting with Why" and explore some morning rituals that allow us to be more "why" centered. |
| **GOALS:** | Participants will be able to:* Learn about Simon Sinek’s approach to starting with “why”
* Articulate their “why”
* Understand the concept of Ikagai
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| **AUDIENCE:** | All learners age 10 and up  |
| **TIMING:** | 30 minutes - although activities could easily be stretched if more time is allowed  |
| **APPENDICES:** | * Simon Sinek’s tedtalk: <https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en>
* Ikigai Powerpoint: <https://docs.google.com/presentation/d/1GNXzljgytdJ0Xz1X6RDPRU5ZZX3HtMWCNbHXKUaqlrk/edit?usp=sharing>
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| **MATERIALS NEEDED:** | Paper, Pen  |
| **SET-UP DETAILS:** | If this is not being facilitated virtually you’ll want a room suitable for a large circle |

**Session Timeline:**

* 00:00-00:05 - Welcoming Menti
* 00:05-00:12 - Introduction to Simon Sinek - Ted Talk
* 00:12-00:24 - Introduction to Ikigai & time to complete
* 00:24-00:30 - Opportunity to share and closing discussion

**Session Outline:**

* 00:00-00:05 - Welcoming Menti
	+ While others come in, participants will be invited to answer the following question via menti: “What is your purpose today?”
	+ The facilitator will have the opportunity to share some aloud and invite participants to share their reactions to such a question
* 00:05-00:12 - Introduction to Simon Sinek - Ted Talk
	+ Facilitator will introduce the idea of The Golden Circle - Simon Sinek’s world famous [tedtalk](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action?language=en) and invite everyone to watch together up until the 5:24 mark
	+ Participants are invited to share their reactions to the video
	+ Facilitator will harken back to the opening question, “What is your purpose today?” would it have been easier to answer a question like “What are you doing today?”
		- Participants are welcome to share their reflections on the golden circle overall
		- Not only companies have “Whys” - leaders do, people do and we’d be better set up to know our purpose each day if we knew our big picture why
* 00:12-00:24 - Introduction to Ikigai & time to complete
	+ Facilitator will explain that In japanese tradition they have another approach to understanding your “Why” - it is called Ikigai (self actualization)
	+ Participants will all get the link to the view only document that showcases the [Ikigai paradigm](https://docs.google.com/presentation/d/1GNXzljgytdJ0Xz1X6RDPRU5ZZX3HtMWCNbHXKUaqlrk/edit?usp=sharing) and the facilitator will explain the outside circles
	+ The participants will then be asked to go through a process of answer the question on their own document as the facilitator shares them aloud
	+ After all four outside circles are filled out, participants will get some quiet time to move to the center of their Ikigai
* 00:24-00:30 - Opportunity to share and closing discussion
	+ Participants will be asked to come back together and reflect on the experience of creating their ikigai
	+ Facilitator will explain that the Ikigai center can be fluid, and does not need to be decided in this moment but to keep it in mind through the day and the seminar to try to best understand how getting to their “why” can have a positive impact on their lives and daily experiences

**Bringing it back to camp & Shifting to in person:**

In order to best adapt this program for in camp use I would suggest:

* Getting a device/screen to show a portion of the ted talk or print some excerpts from his book instead - you could google some quotes and make a gallery walk out of them!