

Step 1: Uncover Your Why

Welcome to the first step of your *Aiming Up Systems Planner*. Last week, we explored why systems—daily rhythms—beat goals, which can trap you in a “not-yet-successful” state. You listed goals or wishes to improve your life. Today, we’ll uncover what drives those aspirations. As Simon Sinek and others remind us, knowing your “why” ensures meaningful action, and the 5 Whys, pioneered by Sakichi Toyoda at Toyota, is a powerful way to get there.

Originally used to solve manufacturing problems, the 5 Whys asks “Why?” five times to dig from surface goals (e.g., “run a 5K”) to core values (e.g., “family connection”). Adapted for personal growth, it validates your direction, reveals themes, and sets the stage for systems. Let’s dive in!

Instructions: Write your goals, 5 Whys, validation answers, and common themes or core values in a notebook or on a printed copy of this worksheet. Reflect on alignment and themes for a week. If your insights surprise you, that’s okay—use them to refine your focus. In our next post, we’ll use these insights to create your first system.

Next Week: We’ll craft a daily rhythm, that is, a system to drive lasting progress.

From your list of goals or wishes, pick the three that feel most important to you right now.

Example: Run a 5K, lose 10 pounds, get a promotion

5 Whys: Uncover Your Deeper Motivation

Write your list of goals and identify your top 3 by recording them in the table's first row. For each, ask "Why do I want this?" five times, filling in the rows below.

	Goal 1	Goal 2	Goal 3
Goal			
Why do I want this?			
Why is that?			
Why is that?			
Why is that?			
Why is that?			

Example:

Goal 1: Run a 5K → Feel stronger → Keep up with kids → Be active together → Build memories → Stronger family connection

Goal 2: Lose 10 pounds → Look better → Feel confident → Socialize more → Build relationships → Stronger community connection

Goal 3: Get a promotion → Earn more → Financial security → Reduce stress → Live with ease → Stronger family stability

Review your 5 Whys. Do these goals still feel like the right direction? If any goal feels misaligned, what new goal or wish feels truer?

Example: All three goals tie to connection. Running and weight loss feel urgent; promotion can wait, as it's less personal.

Identify Common Themes or Core Values: What common themes or core values do you notice across your 5 Whys (e.g., connection, growth, stability)? Write them here.

Example: My whys all point to “connection”—family, community, and stability. This feels like my core value.



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