



THE SOUL SOLUTION™

Meredyth Willits

"FIND YOUR WHY" SOLO CLARITY WORKBOOK

A Guided Workbook by Meredyth Willits

This workbook was created for the person who feels called to something more, but is surrounded by noise, pressure, expectations, and distraction. Your WHY is not something you invent. It is something you uncover. It lives inside your memories, your emotional moments, your turning points, and the experiences that shaped who you are.

When you know your WHY:

- Decision making becomes easier
- Mental clutter begins to fall away
- Focus sharpens
- Your life starts aligning instead of reacting

This is your North Star workbook.

STEP 1: Gather Your Core Life Memories Write down 5–10 moments that deeply shaped you. Not surface memories. Not achievements. Emotional moments that meant something. Prompts to unlock real memories:

- A moment you felt truly proud of yourself
- A time you helped someone and it deeply mattered
- A painful experience that changed how you see life
- A childhood moment that still stays with you
- A time you felt completely aligned

- A time you felt completely lost
- A moment that made you stronger
- A trip that changed your life.

STEP 2: Extract the Emotional Truth For EACH memory, reflect:

What happened?

How did I feel in that moment?

Why did this moment stay with me?

What did this teach me about who I am? What light me up?

What value was present? (truth, freedom, healing, love, courage, clarity, connection, being vulnerable, being seen)

STEP 3: Find Your Patterns (Your Golden Thread) Now review all your memories slowly. Look for repeated:

- Emotions
- Themes
- Roles you naturally step into (guide, helper, truth-teller, healer, leader)
- What energizes you vs drains you

Circle your top 3 recurring themes. This is where your WHY begins to reveal itself.

STEP 4: Define Your Natural Contribution Your WHY is not about what you get. It is about what you naturally give.

Journal Prompts:

- What do people naturally come to me for?
- When do I feel most alive?
- What conversations light me up?
- When do I feel deeply fulfilled?
- How do people feel after interacting with me?

STEP 5: Craft Your WHY Statement (Your North Star) Use this simple formula:

I am here to _____ (your contribution), so that _____ (the impact you create).

Examples:

“I am here to bring clarity and emotional truth so that others feel seen and empowered.”

“I am here to guide people back to themselves so they can live with purpose and peace.”

“I am here to express myself authentically so that others feel comfortable always being themselves.”

THE NOISE FILTER EXERCISE (Signature Clarity Practice) Once you have your WHY, use it as a daily filter.

Ask yourself:

Does this align with my WHY? Or is this just noise, pressure, fear, or distraction?
When your WHY is clear: You stop chasing everything. You start focusing on what actually matters.

DAILY INTEGRATION (5 Minute Practice) Each morning:

Read your WHY out loud.

Take one aligned action.

Release one distraction.

Each night: Ask:

Did I live in alignment with my WHY today?

Where did I get pulled into noise?

What felt most aligned?

NEXT STEP: Deepen Your Clarity & Manifestation If this workbook created clarity for you, the next step is intentional writing and manifestation alignment.

My Manifestation Writing Workshop & Video Guide is designed to help you:

- Turn your WHY into focused action
- Write with clarity and intention
- Remove internal resistance
- Align your energy, focus, and direction.

This workbook is your awareness. The workshop is your activation. Available on my website and Linktree.

With all the Love, Meredyth

Final Reminder You do not find your WHY by forcing it. You find it by remembering who you have always been. Your WHY is your anchor in a noisy world. Your clarity. Your focus. Your direction. Let everything else fall away.