

## Finding Your WHY

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**Have you ever had the sense that something's missing, even when everything seems fine on the surface? Many of us go through life on autopilot, quietly wondering if there's more out there for us. This blog invites you to pause, reflect, and reconnect with the deeper purpose that gives your life and work meaning: your WHY.**

Maybe you've found yourself going through the motions of daily life, asking quietly, *"What is this all really for?"* You're not burned out, but something feels off. The days blend together, your motivation dips, and although things seem okay from the outside, inside there's a subtle sense of disconnection.

Now imagine a different version of your day. You wake up energized, looking forward to the work ahead. You feel connected to what you do, knowing it has meaning beyond the tasks themselves. That sense of purpose carries into your personal life, deepening your connection to the people around you and how you show up in the world.

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This isn't a luxury reserved for a lucky few. It's possible for everyone, including you.

The key lies in discovering your *WHY*: the deeper purpose that fuels your actions, the contribution you want to make, the legacy you're proud to build. Try to uncover for yourself: what is the underlying motivation for the work that I do? What is it that I want to contribute?

This doesn't require quitting your job overnight or turning your life upside down. Real change starts with small, intentional steps; aligning your daily choices with your values. It could be exploring a passion project, volunteering for a cause you care about, casually looking for new job opportunities, or even redefining how you show up in your current role.

Over time, those small steps compound. You gain clarity. Your decisions feel more aligned. And slowly, your life begins to reflect what truly matters to you.

Living in alignment with your *WHY* doesn't just bring professional fulfilment; it brings peace, energy, and a sense of meaning that touches every aspect of your life.

So if something inside you has been whispering that there's more out there for you; listen. Your *WHY* is already within you, waiting to be uncovered and expressed. Start where you are, with what you have, and take small steps in the direction of what feels right. You don't need to have all the answers, just the courage to begin. Because the most meaningful journeys often start with a quiet question: *What if my life could feel different?*

### **About the Author**

*Hi! My name is Sasja. I offer coaching for individuals who feel stuck or unfulfilled in their career. My passion is empowering others to uncover their true purpose and reach their fullest potential. With certifications as a transformative coach and yoga instructor, as well as my background in Strategic HR, I bring a holistic approach to my coaching practice.*

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