

# Build Confidence and Purpose with Pilates

Season 2 · Episode 2 · Purpose Statement Questions · Tania Huddart

Your why isn't a luxury. It's what holds you up when the teaching gets hard. When you know why you teach, you find the courage to make decisions, you can set goals that excite you, and you keep going when things get hard, or when someone doubts you.

Your why will be different from mine, and different from the teacher next to you. You find it by asking yourself some honest questions and writing the answers down. Take them one at a time. Grab a journal and a quiet half hour. Don't rush them.

## Six questions to find your why

1. What can you do to make other people's lives better?

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2. What makes you forget about the passage of time?

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3. What do people ask you to help them with?

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4. What motivates you to go the extra mile?

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5. Given the chance to teach anything, what would you teach?

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6. Why do people usually thank you?

*This is often your why, hiding in plain sight. Other people can see it before you can.*

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## Your purpose statement

Read back over your answers. Then write a sentence or two. Not for a website. For you. Something that makes you feel grounded and excited at the same time.

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When you read it back:

- ☐ Do I feel my feet on the floor?
- ☐ Do I want to go and teach?

*If it does one of those things and not the other, keep going. You're not there yet. And write it in pencil. It's allowed to change as you do.*

*From Teach Pilates with Confidence by Tania Huddart · [taniahuddart.com](http://taniahuddart.com)*