

Chapter Five – Chat GPT prompt to help identify your Big Why.

Follow these steps

1. Google for ChatGPT
2. Click on Start Now
3. At the bottom of the screen, use the prompt below.

The prompt I used was..

Please outline for me an exercise using the phrase "So What?" to help someone identify what truly motivates them.

Note that you may get a slightly different answer ...

This is the answer I got.

Using the "So What?" exercise to explore your motivation for learning Excel can provide deep insights into your personal or professional aspirations. Here's how you can adapt this exercise specifically for understanding why you want to learn Excel:

Step 1: Initial Reflection

- **Task**: Write down your initial reason for wanting to learn Excel.
- **Example**: "I want to learn Excel."

Step 2: The "So What?" Question

- **Task**: Ask yourself "So what?" to probe deeper into why learning Excel is important to you.
- **Example**: "So what if I learn Excel?"
- **Response**: "I can manage data more effectively."

Step 3: Layered Exploration

- **Task**: Keep asking "So what?" to each answer you give, peeling back the layers of your motivation.
- **Example**:
 - "So, what if I can manage data more effectively?"
 - "It will make my work more efficient."
 - "So, what does being more efficient at work mean for me?"
 - "I can complete tasks faster and have more time for other projects."
 - "So, what's important about having more time for other projects?"
 - "It allows me to take on new challenges and grow my career."
 - "So, what does growing my career mean to me?"
 - "It means I can achieve my goal of becoming a team leader."

Step 4: Identifying Core Motivators

- **Task**: Look at your final responses to find themes or insights that resonate strongly with you.
- **Example**: Key motivators could include efficiency, career growth, leadership opportunities, and personal achievement.

Step 5: Reflection and Planning

- **Task**: Reflect on how learning Excel aligns with these core motivators and think about how you can focus your learning efforts.
- **Example**: Decide on specific Excel skills that are most relevant to advancing your career, such as mastering pivot tables, formulas, and data visualization.

Step 6: Implementation

- **Task**: Set specific learning objectives based on your motivators. Define how and when you will achieve these goals.
- **Example**: Enrol in an online Excel course, set aside time each week for practice, and apply new skills to your current job tasks to measure improvement.

Optional: Seek Feedback

- **Task**: Share your reasoning and plan with a mentor or supervisor. They might offer further guidance, resources, or opportunities to apply your new Excel skills in real-world scenarios.

By understanding the deep-seated reasons behind your desire to learn Excel, you can tailor your learning journey to be more purposeful and aligned with your broader goals. This makes the learning process more engaging and likely to result in meaningful personal or professional development.