



ONE A DAY ACTIVITY

One A Day is a simple daily practice designed to increase awareness and connect you with your inner truth in order to gain new insights and understanding about your life. Each day you do the activity, you will choose one guiding question from the December focus “**True to You**” and explore it through the power of five layers of **WHY**

The Four Core Questions

1. Where are you in your life?
2. What has held you back the most?
3. What motivates you daily?
4. What internal battle shapes your life right now?

Optional: Instead of writing, you may use your phone's voice memo or notes app. Speak your answers aloud and record your five WHYs verbally

How to Do the One a Day Practice

Step 1 — Choose One Question: Pick one of the four guiding questions to explore today.

Step 2 — Answer in One Short Sentence: Write a simple, honest answer.

Step 3 — Ask Yourself “Why?”: Write another short sentence as your answer.

Step 4 — Repeat Five Times: Continue asking “Why?” a total of five times, each with a concise sentence beneath the last. This helps you move from surface-level thinking to the deeper root of your truth.

Step 5 — Pause & Ask the Spiritual Question: “What is this trying to teach me about who I actually am?”

Step 6 — Seek Guidance: Turn to your personal faith or spiritual practice for wisdom. This may include: • Reading • Listening (audio, sermons, teachings) • Video guidance • Prayer or meditation • Dialogue with a trusted advisor • Any practice that helps you receive insight or clarity

Step 7 — Write One Truth for Tomorrow: End your reflection with one short sentence of truth you want to carry with you into the next day.

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