

The **WHY?** Worksheet

Understanding your “Why?” is arguably one of the most important parts of a journey to greater health. When you understand “Why?” you are not only creating vision, purpose and passion for your end-goals, but you are also giving yourself permission to say ‘yes’ to the right things, and ‘no’ to those things that aren’t taking you in your desired direction.

Simply put: Understanding and continually clarifying your “Why?” is what motivates you to keep going, not give up, and experience the life you were meant to live!

WHY?

What are your goals you want to accomplish?

List things you want to be able to live for: being a part of significant family events, overcome a specific obstacle(s), paying off debt, going back to get a degree, etc.

WHY?

What inspires you and causes you to come alive?

List things that even if you’ve never done them, brings incredible joy, awe and inspiration to you.

WHY?

What are you willing to let go of?

List things you are willing to give up, that although may seem difficult at first, you know will pay huge dividends later if you let go of them.

WHY?

What would a dream life look like for you?

List things that are not intangible fantasies, but rather, if you could architect “perfect situations” in your everyday life, would would they be?

As a way to summarize with clarity, read through each of your “Why?” answers, and give your best attempt to fill in the blanks on this simple equation:

The reason I exist is to _____

and I will accomplish it by _____.

My ability to say ‘yes’ or ‘no’ is strengthened,
because I am committed to _____.