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What’s My “Why” Worksheet

Step 1: Uncover Your “Why”

1. Start by writing down your goal and asking yourself, “Why do I want to [make this change].”
2. Then ask yourself, “But WHY do I want to [insert answer to the above question].”
3. Wash, rinse, repeat until you have found your true drive and motivation. Our strongest motivators are typically states-of-being or emotions like freedom, creativity, joy, and ease.

Ready?

I want to (make this change)_____?

But WHY do I want to (repeat above answer)_____?

Why do I want to (repeat above answer)_____?

But WHY do I want to (repeat above answer)_____?

Why do I want to (repeat above answer)_____?

But WHY do I want to (repeat above answer)_____?

Why do I want to (repeat above answer)_____?

But WHY do I want to (repeat above answer)_____?

If you’re feeling stuck, try this exercise:

Write a paragraph or two about how your future will be different when you make this change.

* We do not and cannot diagnose or treat any medical condition or disease. Suggested products and protocols are for health maintenance only. Nothing in the information provided below is intended to replace conventional medical approaches.

Now write a paragraph or two about what how your future will look if you DO NOT make this change.

Step 2: Plan for Your “How:”

We are all faced with situations that do not support our “why.” Take a minute to plan how you are going to keep your “why” shining brightly when you are in a situation that is challenging.

SITUATION	SOLUTION

Step 3: Keep Your Goal Fresh and In Front of You

To begin to make your goal reality, post your “why” somewhere you will see it often – on your bathroom mirror or your nightstand, for example – so you can review it every day this year. You may stop noticing it after a while, so feel free to move it to a fresh place.

Step 4: Small Changes Equal Big Results

No matter how many mistakes you make or how slow your progress, know that you are still progressing! Small changes are especially important when it comes to creating a healthy lifestyle because small changes are more likely to become life-long habits.

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Step 4: Seek Accountability

The likelihood of getting new habits to stick dramatically increases when you have an accountability partner. An accountability partner is a person who will help you solidify your goal, verify the steps you need to take, and most importantly, makes sure you stay on track with the plan you've co-created. You can use a friend, a co-worker, or look into hiring a coach.

Putting It All Together

New Year's resolutions don't need to happen in January – they can happen at any time of the year. When you clearly define exactly what you want and understand why you want it, you dramatically improve your chances of success in any area of your life.

You own your "why." It's yours and nobody else's. Go get it!