

WORKSHEET: FIND YOUR 'WHY'

When we feel powerless over our lives and our choices, it's likely because we lost touch with our "why." Our reason for doing what we do. Think about the goals you created that led you to this point. Remembering your original "why" helps you track your progress – and re-evaluate if it's a path you wish to stay on. To find your "why", ask yourself these questions:

What makes me get out of bed each day? What keeps me moving forward? Why?



What do I want to achieve? Who do I hope to become? Why?

What makes me feel most aligned or at peace? Why?

If I woke up tomorrow morning and all my problems were solved, what would my life look like? Why?

Keep boiling it down until you get to central point of focus. This center point likely reflects your values, desires, and vision for the future. A "why" could be a desire to feel more love, greater freedom, or deeper self-worth. Now take the time to see if you can better align your current reality with your vision for the future that reflects your whys.