

# YOUR WHY: UNCOVER YOUR CORE MOTIVATION

This worksheet is designed to help you uncover and clarify the deeper reasons behind your goals and actions. By understanding your "why," you can stay motivated and aligned with your true purpose.

## 1. REFLECT ON YOUR GOAL AND DEFINE IT

What is a current goal or project you're working on?

Write down the specific goal or project you're focusing on.

Example: "I want to start a fitness routine."

**Your Goal:** \_\_\_\_\_

## 2. IDENTIFY YOUR INITIAL SPARK

What originally inspired you to set this goal?

Reflect on the moment you decided to pursue this goal. What motivated you?

Example: "I wanted to improve my health and feel more energetic."

**Your Reason:** \_\_\_\_\_

## 3. DIG DEEPER

Why is this goal important to you?

Go beyond the surface and explore the deeper reasons. (Ask yourself "Why?" at least 3 times)

Example: " Why do I want to improve my health? Because I want to live a long, fulfilling life. Why is that important? Because I want to be there for my family and enjoy life fully."

**Your Deeper Why:** \_\_\_\_\_

## 4. CONNECT WITH YOUR VALUES

Which of your core values does this goal align with?

Example: Health, Family, Personal Growth.

**Your Values:** \_\_\_\_\_

## 5. VISUALIZE THE IMPACT

How will achieving this goal positively impact your life and the lives of others?

Think about the benefits and positive changes that will result from achieving your goal.

Example: " I'll have more energy to spend time with my loved ones, and I'll set a positive example for those around me."

**Positive Impact:** \_\_\_\_\_

## 6. ANTICIPATE CHALLENGES

What obstacles might you face? How will you overcome them?

Identify potential challenges and brainstorm strategies to overcome them.

Example: "I might struggle with finding time to work out. I'll overcome this by scheduling my workouts early in the morning and making them a non-negotiable part of my day."

**Challenges & Solutions:** \_\_\_\_\_

## 7. VISUALIZE SUCCESS

What does success look like for you?

Close your eyes and imagine what it feels like to achieve your goal. Describe that vision.

Example: " Success looks like having the stamina to play with my kids without getting tired and feeling proud of my strength and endurance."

**Your Vision of Success:** \_\_\_\_\_

## 8. CREATE A WHY STATEMENT

Combine your reflections into a single, powerful "Why Statement".

Example: "I want to improve my health so I can live a long, vibrant life, be present for my family, and inspire others to prioritize their well-being."

**Your Why Statement:** \_\_\_\_\_

## 9. ALIGN DAILY ACTIONS WITH YOUR WHY

What daily actions can you take to stay aligned with your "why"?

Identify small, consistent actions that will keep you connected to your motivation.

Example: "I will start my day with a 10-minute meditation to remind myself of my goals."

**Daily Action:** \_\_\_\_\_

## 10. KEEP YOUR "WHY" VISIBLE

Where can you place your "Why Statement" to see it every day?

Example: "On my bathroom mirror or as my phone wallpaper."

**Placement:** \_\_\_\_\_

## 11. REVISIT AND REFLECT

How often will you revisit your "why"?

Make a plan to regularly check in with your motivations to stay on track.

Example: "I will revisit my 'why' every Sunday to reflect on my progress and re-energize my commitment."

**Your Reflection Plan:** \_\_\_\_\_

## CLOSING REFLECTION

Take a moment to review your worksheet. How do you feel after clarifying your "why"? What insights have you gained? Reflect on how you can use this clarity to stay motivated and aligned with your true purpose.

Remember, your "why" is the foundation of your journey. Keep it close, revisit it often, and let it guide you through the challenges and triumphs ahead.