

# FIND YOUR WHY EXERCISE

Studies show that writing down your goals significantly increases the likelihood of achieving them. Take time to thoughtfully answer these questions, being specific where you can. Once complete, keep your "Why" statement somewhere visible as a daily reminder.

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## ==== PART 1: IMPACT & ACHIEVEMENT

### IMPACT QUESTIONS

1. Who are the key people in your life that you want to impact? Think about family, friends, and mentors:

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• \_\_\_\_\_

• \_\_\_\_\_

2. For the people listed above:

How do you want them to remember you?

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\_\_\_\_\_

What kind of impact do you want to have on their lives?

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What experiences do you want to share with them?

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3. Beyond your immediate circle, what communities or causes matter most to you? •

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## ===== ACHIEVEMENT QUESTIONS

1. What are your biggest dreams or goals? Be as specific as possible - think about places you want to go, things you want to create, milestones you want to reach:

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- \_\_\_\_\_

2. What activities or work makes you feel most alive and fulfilled?

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- \_\_\_\_\_

- \_\_\_\_\_

3. Looking ahead to your later years, what do you want to be able to do? Think about both day-to-day activities and bigger achievements:

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- \_\_\_\_\_

- \_\_\_\_\_



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**PART 2: CREATING YOUR WHY STATEMENT**

Using your answers above, write 1-2 sentences that capture:

- The people and communities you want to impact

- The key achievements you want to accomplish
- Why maintaining your health and longevity is essential to these goals

Your statement should feel personal and meaningful. When you read it, you should feel motivated to make choices that support a longer, healthier life.

MY WHY STATEMENT:

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### EXAMPLES OF "WHY" STATEMENTS

Here are some examples from patients and other people I've worked with. As you'll see, they are very different from one another, and yours likely will be too. (That's the point!). These represent a brief primer to get you started. Your own "Why" can be as extensive as you want it to be.

- "I want to watch my grandchildren grow up."
- "I want to walk my daughter down the aisle."
- "I want to help people achieve personal or financial freedom."

- "I want to summit mountains on every continent."
- "I want to build a business that makes the world a better place."
- "I want to build a garden that will outlive me and nourish my family for generations." • "I want to remain independent and self-sufficient until the day I die." • "I want to visit over 100 countries in my lifetime."

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Keep this "Why" statement visible as your daily reminder and motivation for making healthy choices that support your longevity goals.