

Find Your WHY

REFLECTION QUESTIONS TO FIND YOUR DEEPEST WHY.
ASK YOURSELF 'WHY?' OVER AND OVER UNTIL YOU FIND
YOUR DEEPEST, TRUEST REASONING.

FOR EXAMPLE, "I WANT TO LOSE WEIGHT." WHY?
"BECAUSE I WANT TO BE HEALTHY" WHY?
WHY? WHY? WHY?
...SO THAT I LIVE LONG ENOUGH TO SEE MY GRANDCHILDREN GROW UP.

Why have I chosen to do this program?

What are my goals?

Why are health and fitness important to me?

What do I love to do and how does my health affect my ability to do more of this?

What gifts and talents do I share with the world?

How does achieving your goal(s) benefit your life?

How is your life affected if you do NOT achieve your goal(s)?

Describe in detail what your life looks like once you've achieved your goal(s).

How do you feel knowing you've reached your goal?

How do you see yourself?

How do others see you?

