

Workshop Worksheet

# Your Why

What do you wish you could change? (Check all that apply)

My Weight

Money

Habits

Location

Job

Past

More Motivation

Stop Self-Doubt | Self-Sabotage

More consistent & Follow-thru

Stop beating myself up | Kicking myself

More accomplished

Proud of myself | Like myself more

Which one of these do you need first to have lasting results?

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Why?

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What would you want other people to acknowledge and think about you?

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How can you start \_\_\_\_\_ now? (Fill in during workshop)

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Once you \_\_\_\_\_, then you can decide your real why.

What would you really want to do then?

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Now that you have your real WHY and the Goal you chose for YOU, you're ready for a \_\_\_\_\_.