



Understanding the why of our goals

How motivated you are determines if you want to take action on your goal(s)

Goal #1



Why do you want this goal?
What does it give to you?



And why do you want that?
What does that give you?



And why do you want that?
What does that give you?



What will this goal help you feel?

Goal #2



Why do you want this goal?
What does it give to you?



And why do you want that?
What does that give you?



And why do you want that?
What does that give you?



What will this goal help you feel?

Goal #3



Why do you want this goal?
What does it give to you?



And why do you want that?
What does that give you?



And why do you want that?
What does that give you?



What will this goal help you feel?