

Figuring Out Your WHY

In order to set your goals, you need to know your **why** – why do you want to achieve your goal? Once you're clear on this, you can set your goals to get to your destination.

The more closely you pinpoint what you really want and WHY, the easier it is to formulate a plan. Your WHY is what will help you stay committed when achieving your goal seems hard or challenging.

From the [vision brainstorming exercise](#) you already completed, choose your top 3 priorities that you want to get started on first.

Here's an example to walk you through the process if you need help getting started.

(Yes, I know there are a few "because" spaces in there. That's the most important part in getting to your WHY):

I have a priority to:
Because:
This is important to me because:
And I want to:
And feel like:
Because:
And this would mean:
Because:

**** Print this sheet and do this WHY exercise for each of your priorities so that it becomes a driving force for you rather than just a wish.****