



Now use the rest of this page to write down **your WHY**. Why are you going to do this action? List out the reasons for the change. Pull these answers from Your Overall Why worksheet. How will this action align your life with your values and bring out the true you?

The paragraph above is your WHY. Make a poster! Put it on a Post It note. Write it every day in your journal. This is your motivation. This is what **WILL** keep you going when things get hard, when you fall, or stumble on the path. This is WHY you will succeed!

We'd love to see your **WHYs** and hear your progress on your current journey. Check out [#liveyourwhy](#) on Instagram or join our Facebook page to share!