



Own Your Why: 5 Simple Steps

What's One Thing You Would Like to Change About Yourself or Your Life?

To Get One Step Closer to Realizing Your Potential

Prompts:

- What were you worrying about when you went to bed last night?
- What was the first thing that caused a knot in your stomach this morning?
- Think of someone you admire. What's one trait of theirs you would like to possess?

#1 Define What You Want Today

If you'd already made this change, what would your life look like today?

This is your short-term why.

Prompts:

- Would you have a different career?
- Would you be fit?
- Would one of your relationships be different?

What ONE action are you willing to take EVERY DAY for the NEXT WEEK to realize this change?

Mark off each day that you perform this action & note the date

M T W Th F Sa Su

Crossed off all 7 days? Add another action and repeat.

Or, if you feel like your losing your motivation to perform the actions you have identified, move on to step #2.

#2 Define What You Want 6 Months From Now

What benefits will you reap in the next 6 months from maintaining the daily habits you've adopted?

What results will these habits produce?

This is your mid-term why.

Prompts:

- I will be performing meaningful work in [insert career], and I will have more time for my family.
- I will have the strength and stamina I need to enjoy day-long hiking trips.
- I will have an authentic relationships with {insert name}, and we will be enjoying {insert activity} together again.

Create an engaging, idealistic mental picture of what the results you are going to achieve look like. Write some notes to describe this image below.

Pull this picture up in your mind whenever you need motivation to follow through on your new daily habits.

You can immediately move on to Step #3.

WORDS OF ENCOURAGEMENT

By now, you're bound to have "messed up" once or twice, since that's what we humans do. What do you do when you mess up? You acknowledge that it happened, accept it, forgive yourself, pull up your picture, and start right back up again. We all mess up; don't let it stop you!

#3 Tell People About Your New Habit

What have you committed to doing? How are you doing it?

Reasons:

What results have you seen?

- You will feel more accountable because you've put your commitment out into the world.
- You might inspire someone else to make a positive change in his/her life.
- You might form your own circle of people cheer you on and motivate you.

Person You Told

His/Her Response

Could This Person Help You Achieve Your Goal Somehow?

Don't Forget to Ask Them for Help 😊

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When your engaging, idealistic picture alone isn't working anymore, it's time to dig a little deeper and move on to Step #4.

#4 Define What (you think) You Really Want Long-Term

How will the new habits you've created positively impact your life a year from now? 5 years from now? 20 years from now?

This is your long-term why.

Prompts:

- I will be working toward my potential everyday; I will feel fulfilled and have no regrets.
- I will be as fit as possible and will be able to do the things I like to do as I age.
- I will have created so many irreplaceable memories with [insert name}, and we will be living our best lives together.

Anchor that thought to a mental picture of what your life looks like when you have maintained the habit you have been working on. Focus on how you feel in this picture. Describe this positive feelings below.

Anchor that thought to a picture of what your life looks like when you have NOT maintained the habit you have been working on. Focus on how you feel in this picture. Describe this negative feelings below.

Really feel the emotional response to these pictures when you need to maintain the success you've realized so far!

Take a moment to be proud of yourself!

Step #5 will naturally start to happen on its own, but you will want to remain aware of it so you recognize when it is happening.

#5 Surprise . . . We're Going to Focus on Today Again

At this point, the "why" will be so ingrained in your subconscious that you won't have to deliberately think about it any more.

You will own it!

Pay attention to how you are feeling each day.

Notice when you start wanting to perform your new habits simply because you know they make you feel great.

Write a little bit about how you feel.

Note the date you first noticed this feeling, and compare it to the date you noted in Step #1.

You Have Owned Your Why!!!

What are you going to do to reward yourself?

What Why are you going to take on next?