

Defining Your WHY Worksheet

The “What” Exercise:

First decide on your goal and write it here. _____

Ask yourself this question: Fill in the blank with your goal from above.

1-What about _____ is important to you?

Answer and fill in with your answer,

2--What about _____ is important to you?

Answer and fill in with your answer,

3--What about _____ is important to you?

Answer and fill in with your answer,

4--What about _____ is important to you?

Answer and fill in with your answer,

5--What about _____ is important to you?

Answer and fill in with your answer,

6--What about _____ is important to you?

Answer and fill in with your answer,

7--What about _____ is important to you?

The answer to the seventh question uncovers your deepest and most powerful WHY.