



FIND YOUR WHY TOOL

THE RULE

WHEN YOUR WHY IS STRONG, ACTION BECOMES INEVITABLE.

STEP 1: WHAT DO YOU WANT?

WHAT PART OF YOUR LIE DO YOU WANT TO CHANGE?

WHY DO YOU CARE ABOUT CHANGING THIS?

STEP 2: WHAT'S PUSHING & PULLING YOU?

WHAT ARE YOU TRYING TO MOVE TOWARDS?

WHAT ARE YOU TRYING TO MOVE AWAY FROM?

STEP 3: WHO IS THIS FOR?

WHO DO YOU WANT TO BE BETTER FOR (CAN BE YOU)?

WHO'S COUNTING ON YOU (NOW OR IN THE FUTURE)?



STEP 4: WRITE YOUR WHY?

PUT IT TOGETHER INTO ONE CLEAR SENTENCE. **WHY ARE YOU DOING ALL THIS?**

MY WHY IS TO:

STEP 5: TURN IT INTO A MANTRA

BOIL IT DOWN TO A SHORT PHRASE YOU'LL REMIND YOURSELF EVERY DAY.

MY MANTRA:

SET IT AS YOUR LOCK SCREEN

- Open the mantra page in the PDF.
- Type in your mantra
- Take a Screenshot or Export the PDF as an image file.
- Set it as your phone lock screen

REMIND YOURSELF 'WHY' DAILY
