



# FIND YOUR WHY TOOL

## THE RULE

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*WHEN YOUR WHY IS STRONG, ACTION BECOMES INEVITABLE.*

### STEP 1: WHAT DO YOU WANT?

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WHAT PART OF YOUR LIE DO YOU WANT TO CHANGE?

WHY DO YOU CARE ABOUT CHANGING THIS?

### STEP 2: WHAT'S PUSHING & PULLING YOU?

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WHAT ARE YOU TRYING TO MOVE TOWARDS?

WHAT ARE YOU TRYING TO MOVE AWAY FROM?

### STEP 3: WHO IS THIS FOR?

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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?

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

MY WHY IS TO:

## STEP 5: TURN IT INTO A MANTRA

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

MY MANTRA:

## SET IT AS YOUR LOCK SCREEN

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- 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

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