

## WHY WILL YOU NOURISH TO THRIVE?

Getting clarity around what motivates you and why you want to make changes to your health is instrumentally important if you want to be successful in your endeavor. Now, it's time to roll up your sleeves and do a little work to get your personal "why" locked in.

Why are these questions so important to answer? They will help you to get clear on the current wellness path you are on and where that path is headed, where you want to be headed (and if those two line up), what currently challenges and frustrates you about your current health status, and gives you room to brainstorm where the possibilities for growth are. So don't skip this step - dive in and do the work! I know you can, and you will be so very glad that you did.

Answer the following seven questions to uncover what your path to wellness will look like.

## 7 QUESTIONS TO HELP YOU UNCOVER YOUR WHY

1. What types of activities make you feel like your very best self? What brings you the most joy?

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2. Do you do those things as much as you would like to? If no, what is holding you back?

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3. How is your current physical and emotional health? Write out the joys and frustrations of each.

### Physical

Joys

Frustrations

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### Emotional

Joys

Frustrations

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4. How are these frustrations spilling over into other parts of your life? What is the true cost of these challenges? What are they causing you to miss out on?

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7. What is your ideal version of yourself one year from today?

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Yay! You did it! Give yourself a big pat on the back - I know that those questions can get a little bit emotional and make you feel uncomfortable - but that is what helps us to identify where we are most ready for change. Now, we just need to wrap it all up into a sentence or couple of sentences to summarize everything that you've discovered about yourself. Write out what brings you joy, what is keeping you from living that joy to the fullest potential, and what that is costing you. Write out where you envision yourself in the future if you were able to become the best version of yourself, and how that makes you feel. These couple of sentences - these are the magic sauce that will help to carry you through the hard work of making lifestyle changes. Repeat them, close your eyes and soak in the sunshine of that feeling of being your best version of yourself.

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Now, I want you to have a way to carry this feeling with you throughout your day - to keep you motivated, and bring you back to why you are doing this work. Come up with one word (or two or three if you absolutely must!) that will help you to identify that feeling of all your health concerns being resolved, and you being your best self. Write that one word below.

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Last, you get to be creative! Write this word on a notecard or piece of paper - decorate it, color on it - make an affirmation card (or two or three - example below), and put the card in a place where you will see it frequently.



*“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.”*

— James Clear, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*