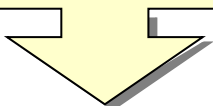
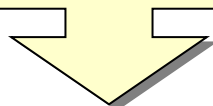
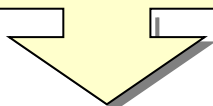
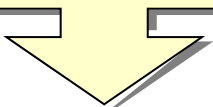
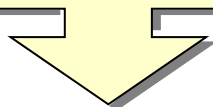
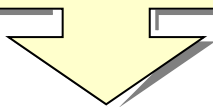
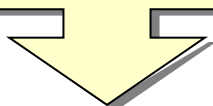
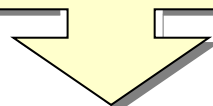
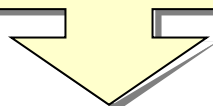
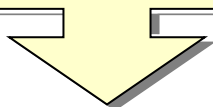
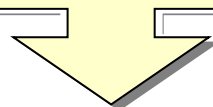
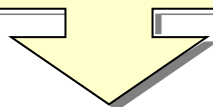


Goals **MOTIVATOR**: Define Your Why

Whether we achieve our goals depends on the actions we take. The key factor to taking action is motivation. To be motivated, you have to know why you are setting the goal in the first place. Pick your top three goals, then answer the questions below. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and more motivated to achieve your goals and will help you define your why.

Write Goal No. 1 Here: <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	Write Goal No. 2 Here: <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	Write Goal No. 3 Here: <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
Why do you want this Goal? What does it give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	Why do you want this Goal? What does it give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	Why do you want this Goal? What does it give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
		
And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
		
And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
		
And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	And why do you want that? What does that give you? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
		
What will this goal help you feel? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	What will this goal help you feel? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>	What will this goal help you feel? <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>