

Finding Your “Why”



Unlock Motivation That Stays.

Motivation defined: a motivating force, stimulus or influence — INCENTIVE, DRIVE

What is a motivating factor (MOFA)?

It's your big MAIN why. The reason, purpose, or “why” you do something.

You may have multiple reasons or motivations, but many times there is a MAIN or BIG reason.

Answer the following questions:

Why is feeling better important to you right now?

What will feeling better add to your life?

How would your life feel if you could live symptom free? List your top 4 below:

1.

2.

3.

4.

Putting It All Together:

Using your answers on the previous page as a guide, write out your "why" for pursuing healing.
For example: I want to follow this healing plan because....

Hang on to that “why” throughout this program and return to it on tough days when you feel that motivation slipping.

Write it on a post-it note and put it up where you can be reminded of your "why" every day.