
Set Goals and Find your Why!



GOAL

Why do you want this goal?

(1st WHY)



And Why do you want that, what does that give you?

(2nd WHY)



And Why do you want that, what does that give you?

(3rd WHY)



And Why do you want that, what does that give you?

(4th WHY)



What will this goal do for you, how will it make you feel?