

# *Discover Why Journaling Exercise*

Answer the following questions. Be as honest and as detailed as possible. Come back to this worksheet anytime you feel a lack in motivation.

## *1. What is your goal?*

Get serious about what it is that you really want to achieve.

## *2. Why do you want to achieve this goal?*

Dip deep to uncover why this goal is important to you.

## *3. Why?*

This answer should and will be uncomfortable.

## *4. How will you feel once you achieve this goal?*

Really imagine what the end result will FEEL like.

Now treat your body as you would treat the bod you'd want to have!

