

## **Module 2 - Spark - What's your "Why" or "Why Now"?**

Let's continue expanding the foundation for our house of Self-Excellence that you are about to build. The purpose of Modules 2 is to help you become more aware "Why's" in your life and importance of focusing on what's most important to you and you alone. That's not to say that other people and circumstances in your life don't matter, but staying the course as you ascend your self-belief and dedication to achieve will be tested, so it's important that you know where your true motivations originate from.

Next let's identify your Spark(s), meaning why do you want to do something different with your life, what's the motivation behind it, are you doing it for yourself or to please someone else?

*Spark Self-Assessment Questions (be detailed and specific with your answers)*

1. Ask yourself why do I want to challenge myself to grow and change?

2. Who are you doing this for?

3. Why now, what's motivating you to act now?

4. What has stopped you from doing something like this in the past?

5. Do you truly believe that you are ready to strive for something different in your life, and why or why not?