

# RECONNECTING WITH YOUR WHY WORKSHEET

What's one major goal you want to achieve in the next 3 months?

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Why is it important for you to achieve that goal?

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What's working in your goal chase? (waking up early, meal prepping, delegating tasks)

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What's not working in your goal chase? (distracted with social media, fear, time management, finances)

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List your time wasters

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What's one activity you're willing to give up for the next 90 days so that you can focus on your goals?

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What areas of your life are you doing too much? (too many clients and can't handle the work, saying yes too much) How can you scale back?

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What areas of your goal chase are you doing too little? Is there space where you can do more?

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