



What is your WHY?

Are you trying to make a change in your life? Maybe starting a new habit, breaking an old habit, working on personal growth? No matter how big or small the change is you're trying to make, it's HARD!

This is one strategy to help you be successful..

Write down all the reasons **WHY** you want to make this change.

Include all the advantages of making this change and all the ways your life will improve once you make this change. If you need inspiration you can always google it! Advantages of ...

Now put this list somewhere visible and plan to read it at least once a day. It's important to remind yourself WHY you're doing it, especially when it gets challenging.

Next, pick one "WHY" from your list and display it everywhere you will see it, your phone screen, computer screen, bathroom mirror, etc. Change to a new "WHY" from your list every week.

You are strong and capable

