

1. If you were to wave a magic wand, and in the next 6-months you had exactly what you desired for your body and/or life, what would it look like (realistic but a bit of a stretch)?

2. Now, distill from the above the ONE goal that really calls out to you:

My goal for the next 6-months is _____.

3. Now, looking at the above goal, ask yourself "what will having this do for me?" What is important about you reaching your goal?

4. What might you be able to do that you can't do now?

5. Who else in your life might be positively affected if you were to reach your goal?

6. How would you be able to show up in the world differently than you do now?

7. What would be the best part about that?

MMM-mmmm-mmm! Now that is what I am talking about! Look at your above answers for the "why" shining through. WHY is it that you want what it is you want? Write your "Why" here:

I want to _____ (goal), BECAUSE if I do, I will be able to _____
_____. And that is important because _____
_____ and _____.

Woo hoo! Great work. You now have your "Why"! Tap into this statement and feeling it creates in you as much as possible over the next few weeks and see what transpires!

Xoxo,

Krissy