**YOUR BIG MoFA**

If you were to wave a magic wand, and in the next year you were able to create exactly what you wanted in your business, health, and life what would it look like (realistic but kind of a stretch)?

What are THREE concrete goals you would like to set for yourself for the next 3 months-6 months?

1.

2.

3.

Now, looking at the above goal, ask yourself “what will having this do for me?” What is important about you reaching your goal and creating a business you love?

And what will having that do for you?

Ask yourself this question “what will having that do for you” 3 more times until you uncover your big juicy “WHY.” This is the life-blood of your business. It’s the real reason you get up in the morning, put in the work and keep going even when it gets hard.

LET’S TAKE IT A STEP FURTHER… If you are able to create a sustainable business where you can earn great money doing something that really makes a difference in the world…

What might you be able to do that you can’t do now?

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

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

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 your Big MoFa (your Big Motivating factor, aka your “why”) shining through. WHY is it that you want what it is you want? Why is it important? Write your Big MoFa 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 Big MoFa! Tap into this statement and feeling it creates in you as much as possible over the next few weeks and watch how your actions become much more focused and inspired!