Finding Your Why

Date: _____

Think deeply about why you want to change your health. Often, our motivation for changing our health behaviours comes from a number on a scale, blood work, a family history of disease, or our doctor or someone close to us has has told us we need to do something about x, y, z. This can help us at first, but it often doesn't help us over the long haul, making it harder to stick to a plan. Reaching our health goals and maintaining our commitment to good health requires a deeper understanding of WHY we want our health in the first place.

<u>Task:</u> Write down your 'why', and answer the following questions: 1. What is your health goal 2. How would you feel, how would things be different if you reached your goal 3. What obstacle(s) are getting in your way of reaching your goal?