

A woman with dark hair, wearing a teal sequined strapless top and a teal skirt, stands in a forest with her arms raised. The image has a semi-transparent teal overlay.

Understanding the "Why"

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of your Goals

Understanding Our Goals

The "Why" Of Goals

Whether we achieve our goals depends on whether we take action. But what decides whether we take action in the first place? How motivated you are! So, simply **pick your Top 3 goals**, then **answer the questions below**. Keep writing even if you repeat your answers. The information below will help you feel clear, focused and more motivated to achieve your goals. If you've never heard of the "why" ladder before, it is a simple, useful tool to use to find the root of a desire, emotion, trigger, etc. So get going!

Write Goal No. 1 Here: _____	Write Goal No. 2 Here: _____	Write Goal No. 3 Here: _____
Why do you want this Goal? What does it give you? _____	Why do you want this Goal? What does it give you? _____	Why do you want this Goal? What does it give you? _____
And why do you want that? What does that give you? _____	And why do you want that? What does that give you? _____	And why do you want that? What does that give you? _____
And why do you want that? What does that give you? _____	And why do you want that? What does that give you? _____	And why do you want that? What does that give you? _____
And why do you want that? What does that give you? _____	And why do you want that? What does that give you? _____	And why do you want that? What does that give you? _____
What will this goal help you feel? _____	What will this goal help you feel? _____	What will this goal help you feel? _____