



# Know Your "Why"

## Goal Motivation

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www.FitnessMakeover.com  
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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.

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