

Remembering Your Biggest Why

Your "Why" is the reason that keeps you motivated and moving forward. It's important to stay connected to what drives you. Use this worksheet to explore different ideas for surrounding yourself with reminders of your biggest motivations. Choose the ones that resonate with you or come up with your own!

Write down your biggest reason for being motivated to pursue your vision and goals?

Surround Yourself with Motivations

Here are 20 different options to keep your "Why" visible and top of mind. Circle or check the ones you want to try!

			
Vision Board	Journal or Diary	Motivational Podcasts	Physical Activity
Photos of Loved Ones	Personal Symbol	Family Heirloom	Accountability Partner
Inspirational Quotes	Artwork or Posters	Books	Success Stories
Affirmation Cards	Reminder Alarms	Meditation Corner	Favorite Music
Gratitude Jar	Sticky Notes	Personal Mantra	Goal List
			
			

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Check off and utilize those visuals that you feel might be most helpful for you!

<input type="checkbox"/>	Photos of memorable places	<input type="checkbox"/>	Photos of loved ones
<input type="checkbox"/>	Photos of you at your best	<input type="checkbox"/>	Items from loved ones
<input type="checkbox"/>	Vision board	<input type="checkbox"/>	Index card with affirmations
<input type="checkbox"/>	Index card with achievements	<input type="checkbox"/>	Framed achievements
<input type="checkbox"/>	Books that inspire you	<input type="checkbox"/>	Books that motivate you
<input type="checkbox"/>	Books that exude your vision	<input type="checkbox"/>	Whiteboard with your top goals
<input type="checkbox"/>	Bulletin board with your top goals	<input type="checkbox"/>	Item that symbolizes your why
<input type="checkbox"/>	Posters with quotes	<input type="checkbox"/>	Candles with quotes
<input type="checkbox"/>	Plants that symbol your why	<input type="checkbox"/>	A jar with daily words of gratitude
<input type="checkbox"/>	Trophies, awards, & other symbols of achievement	<input type="checkbox"/>	Flipchart with your why
<input type="checkbox"/>	Pens with inspirational messages	<input type="checkbox"/>	Desk calendars with inspiration

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Your Action Plan

The reminders I will use are:

Where will I place these reminders?

How often will I check in with my reminders?

