

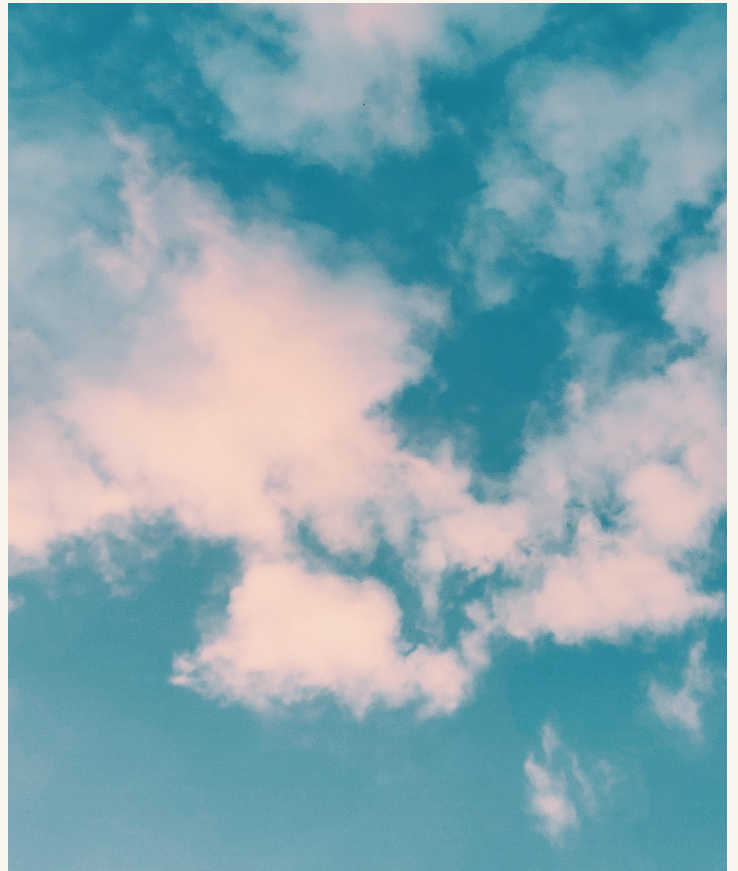
FIND YOUR WHY

THE 5 WHYS EXERCISE

GET CLEAR ON YOUR MOST IMPORTANT GOAL

EXPLORE YOUR DEEPER REASONING AND STAY MOTIVATED

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It is important to understand **WHY** you are doing something.

Step One - What is your goal?

Step Two - Answer the why's.

- Why One - Answer why your goal is important to you.
- Why Two - why is why one important?
- Why Three - Why is why two important?
- Why Four - why is why three important?
- Why Five - Why is why four important?

