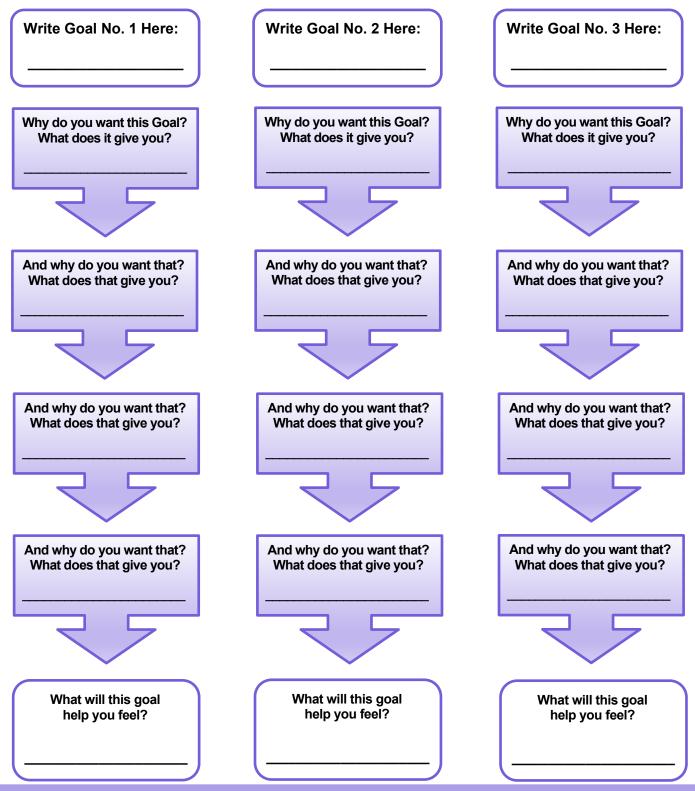
Thrive Through Menopause - Understanding Our Why

INSTRUCTIONS: 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.



"It's not the speed with which you are travelling, but the direction you are facing." www.handcraftedhealth.com.au