

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.

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? _____

“It’s not the speed with which you are travelling, but the direction you are facing.”