

# The “5 Whys” to Help you Get Your Goals

You’ve set goals before, and if you’re like most – you’ve probably been derailed. To minimize this risk, it’s important to home in on WHY are you pursuing this goal? This tool – the 5 Why’s – is one use to get at the heart and soul of your goal.

Start by picking your Top 3 goals, then answer the questions below. Keep writing, even if you feel like you are repeating yourself. The more clarity you create, the easier it is to stay the course because you have uncovered your WHY.

<p><b>Write Goal No. 1 Here:</b></p> <hr/>	<p><b>Write Goal No. 2 Here:</b></p> <hr/>	<p><b>Write Goal No. 3 Here:</b></p> <hr/>
<p>Why do you want this Goal? What does it give you?</p> <hr/>	<p>Why do you want this Goal? What does it give you?</p> <hr/>	<p>Why do you want this Goal? What does it give you?</p> <hr/>
<p>And why do you want that? What does that give you?</p> <hr/>	<p>And why do you want that? What does that give you?</p> <hr/>	<p>And why do you want that? What does that give you?</p> <hr/>
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<p><b>How will you FEEL when you get this?</b></p> <hr/>	<p><b>How will you FEEL when you get this?</b></p> <hr/>	<p><b>How will you FEEL when you get this?</b></p> <hr/>