

FINDING YOUR WHY-HOW-WHAT

worksheet



THE GOLDEN CIRCLE



your behavior to modify or change

your why

your list of how

your list of what

EXAMPLE

SOMETIMES YOUR HOW AND/OR YOUR WHAT WILL REQUIRE MULTIPLE LINE ITEMS. LET ME GIVE YOU AN EXAMPLE OF ONE OF MY OWN WHY-HOW-WHAT WORKSHEETS:

your behavior to modify or change: I want to stop taking NSAIDs (Advil, Naproxen, Aleve)

your why: I want to heal my leaky gut so that I no longer experience excruciating pain.

your list of how:

- 1) I will no longer take any form of NSAIDs

your list of what:

- 1) Throw away all bottles of Advil, Naproxen, and Aleve that are in the house, sports bags, vehicles, purses, etc.
- 2) Decrease sugar, breads, and pastries that cause inflammation so I don't need the NSAIDs.
- 3) When I'm in pain, instead of reaching for ibuprofen, I will distract myself by going for a walk, watching a movie, playing a game, listening to a book, etc. in order to change my focus.

Notice how in this example, the 'what' required three separate entries. And it could potentially include more. The 'how' and the 'what' support your 'WHY,' and the more specific they are, the better prepared you'll be. But, if your 'WHY' is shaky, it won't matter how good your 'how' and 'what' are. Your 'WHY' is what sustains you when times get tough.