Stay Connected to YOUR Why

Your WHY is the driving force behind your goals. Staying connected to your personal why will help keep you on track and assist you in focusing on the steps you need to take in order to create more joy in your life.

What is YOUR *why*? Why did you decide to seek more joy in your life?

If you don’t automatically know your why, there are some easy steps to help you uncover your why, starting with identifying your core desired feelings.

Identifying Your Core Desired Feelings

In your emotions lies your true path to change. When you make *feeling good* a priority, everything shifts. As your interest and passion are piqued, your individual life changes, your relationships change, how you make and spend money changes, and how you present yourself to the world changes.

Consider this; choosing to focus on life-affirming feelings may be the surest way to create the experience you want because:

* Feelings are magnetic
* Each feeling is a beacon that attracts a reality
* Love attracts love
* Generosity elicits a generous response
* Anger can create more anger
* What you choose to focus on expands

So, what are some feelings that you might want more of in your life?

* Feeling adventurous, alive, amazed, cheery, open, positive, or proud
* A sense of abundance, clarity, creativity, decisiveness, or enthusiasm
* Feeling accepted, appreciated, blessed, centered, or grounded
* A sense of security, strength, or wholesomeness
* Feeling calm, free, healthy, inspired, magical, unique, or wonderful

Write down all of your desired feelings below:

Next, write down your WHY. Take the time to be specific. (ie, I would like to have more joy in my life to set the example for my children to help them understand how to better navigate life with a positive attitude.)

Creating a Heart-Centered Plan of Action

Once you have chosen your desired feelings, and created your WHY, you need to think about what action or actions will get you closer to realizing and living those feelings.

Think about a shift or change that will help you proceed further along the path to increased joy. Perhaps it is rising 30 minutes earlier to go for a walk outside or read from an inspirational book, or maybe it’s making time for a lunch date with friends once a month. Think clearly about your “why,” and think about what feelings would inspire you to achieve your why. For example, if you had chosen “adventurous” as one of your desired feelings, then ask yourself if the previously mentioned actions would move you closer to that desired feeling. In this manner, the feeling leads us into our appropriate actions.

Next, you will create your HOW plan starting with simple shifts. (example: By taking an early morning walk and actively looking for positive aspects in life, I will increase my joy and show my children how to live a more joy-filled life.)

Now that you have identified your core desired feelings, created your WHY and established a HOW plan, you are well on your way to increased joy!

Keep this worksheet handy and reflect on your progress when you need to reconnect to your WHY.