

Inspirational Guidance



Resources that
build self-confidence
develop self-reliance
and help you
live with purpose
one step at a time.

www.inspirationalguidance.com

Know Your Why

Read the blog post here : [Why You Should Focus On Your “WHY”](#)

After reading the blog post take a few minutes to reflect on what truly drives you.

Use the questions below to uncover your deeper motivations — the emotional reasons behind your goals.

1. What will achieving this goal give me emotionally?
2. If I don't reach this goal, what might I miss out on?
3. Is this something I truly want, or something I feel I 'should' want?
4. Have I ever pursued this goal before? What happened then?
5. Whose voice is influencing this decision?