



My WHY for Health

Step 1: Articulate it!

Understanding your why is an important component to overall well-being. The more we are aware of why our health matters, the more likely it will impact how we choose to live our daily lives. Take some time to identify your why and then put things into action by setting one or two goals related to your health.

My Why

My Goal

1

My Goal

2



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Step 2: Elaborate it!

Family

What are the relationships you want with your family members?
What qualities do you want to bring to each relationship?

Relationships

Which friendships are most important to nurture and why?
What kind of friend do you want to be?
What qualities exist here?

Work

What kind of work are you interested or passionate about?
How would you like your co-workers to best describe you?

Recreation and or Community Involvement

What hobbies or causes are you interested or passionate about?
How would you like to be noticed for your contributions?



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Education

What fields and topics do you want to learn about?
What skills would you like to develop?

Empty text area for Education responses.

Spiritual Development

What kind of relationship do you want with a higher being/
nature/earth/faith?
What commitments are you willing to make?

Empty text area for Spiritual Development responses.

Physical Health

What are some of the ways you can nurture your physical
body?
What should you prioritize to maintain physical well-being?

Empty text area for Physical Health responses.

Mental Health

Which conditions in your life promote mental health?
Which suppress it?
What are some actions you can take to better your mental
and emotional wellbeing?

Empty text area for Mental Health responses.