



Why Worksheet

As you embark on cultivating this practice into your life every day, it makes sense to first start with your why, and it's got to come from you. So, I created a WHY WORKSHEET to help you begin to tease out the motivation and intention for your practice.

I am creating a daily practice because I want to feel more:

_____, _____
_____, _____

The person I am aiming to become is:

_____.

I commit to this practice, every day, because:

_____.

