

Self Healing Invitation: Why Statement



Let's declare our Why. Start by reflecting back to when you bought this book

When I saw this book, I felt:

I bought this book because I want to or am curious about:

My top three health and wellness concerns are:

I have already tried to address these concerns by:

I am excited to learn how to:

Now take a moment and be still. Take a deep breath in and a long exhale out. Rub your palms together to generate some heat and place them over your heart to open your heart chakra. Now ask yourself these questions:

Who am I showing up as right now?

How do I want to show up for myself and others?

How do I want to feel?

I only have one life. How do I want to live it? What does that look like?

What energy do I need to embody in order to achieve that?

Next write down three things you desire with regards to your physical, emotional or spiritual well-being.

- 1.

- 2.

- 3.

Look at your answers. Is there a common thread? Maybe you see that you really want to reduce stress. Perhaps you need more rest. It could be that you seek more connections or improved relationships. The common thread in your answers will tell your **Why**.

Write this down and post it somewhere you can see it every day—like your refrigerator, bathroom mirror or by your desk. Make sure you see it every day so you can embody this desire and build momentum. This **Why** will act as your anchor and will help you carve a path to your desired outcome. Write it on the next page.

My Why Statement

A large, empty rectangular box with a thin black border, occupying the majority of the page below the title. It is intended for the user to write their 'Why Statement'.