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| Finding your "why" ensures our goals are relevant and meaningful and provides the motivation to achieve the goals we set for ourselves. As you work on setting goals, try this activity to help lead you to success. | | | | | | | |
| **Ask Yourself “Why” 5 Times** | | | | | | | |
|  | **Why do I want to lose weight?**  *Because I want to fit in a smaller pair of jeans.* | | | | | | |
|  | | **Why do you want to fit in a smaller pair of jeans?** *Because I want to look better.* | | | | | |
|  | | | **Why do you want to look better?** *I will feel good about myself and have more energy.* | | | | |
|  | | | | **Why do you want to feel good about yourself and have more energy?** *When I feel good about myself, I am more assertive and confident.* | | | |
|  | | | | | | **Why do you want to be more assistive and confident?** *When I am more assertive and confident, I am in control and better able to get what I want out of life.*  *Interested in learning more?* [Click here](https://010bbd3c-7c99-4bb7-b319-8590182e29be.filesusr.com/ugd/722a5e_e50f47df3b1848afb196e018447e3acf.pdf) | |
|  | | | | | | | **Identifying your true “why” can drive your health improvement. Reach out to your care team for more ways to set meaningful health goals!** |
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