

Find Your Why — A Gentle Worksheet

This worksheet is designed to help you reconnect with your motivation without pressure or perfection.

Step 1: Name the Goal(s)

Write 1–3 goals you're currently working on or thinking about.

1. _____

2. _____

3. _____

Step 2: Motivation Check

Choose one goal and answer honestly.

External Motivation

Who or what benefits if I achieve this goal?

What pressure or expectation is attached to this goal?

What am I afraid might happen if I don't do this?

Internal Motivation

Who do I want to become through this goal?

How do I want to feel if this goal is part of my life?

What part of me does this goal honour or protect?

Step 3: Alignment Check

When I work toward this goal, do I feel more like myself or less?

Do I feel lighter or heavier afterwards?

Does this goal expand me — or drain me?

Step 4: Energy Mapping

Over a few days, note one energising and one draining moment each day.

Day 1

Focused / alive moment:

Drained / resistant moment:

Day 2

Focused / alive moment:

Drained / resistant moment:

Day 3

Focused / alive moment:

Drained / resistant moment:

Patterns or themes I notice:

Step 5: The Quiet Why

Complete the sentence honestly:

I'm doing this because...

Step 6: Simplify & Anchor

The goal I'm choosing:

One small action I can take (even on a low-energy day):

When or how often I'll try to do it:

Optional Daily Prompt

Today, what choice would align me more closely with who I want to be?
