

Finding Your Why



We all want to be a little healthier—to eat better, exercise more, sleep better, have healthier relationships, stress less. Whatever your health goals may be, knowing your “why” can be essential to achieving them.

Your why is the drive or motivation behind what you do and how you do it.

What’s Your Why?

To identify your **why**, think about what inspires you to live a healthier lifestyle. Is it to feel better? Set an example for your children? Save money? To protect your long-term health? Your health goals can be big or small, long term or short term, but knowing exactly **what** you want and **why** you want it will help you stay focused and motivated along the way. Use this short worksheet to create your “Why”.

My Why Health Goal: What is your overall health goal?

What are my top reasons for having this goal?

Examples include look better, have more energy, avoid illness, be less stressed, and so forth.

Using that information, fill in this sentence:

I want to _____

so that I _____

That’s My Why!

What’s Your How?

Now that you know your why, the next step is determining what actions you should take to help make it a reality. A question you can ask yourself is:

My Why is _____

and it might help to meet my goal if I _____

Your answers should be small, specific, and achievable. For example: My why is to exercise more this summer, and it might be helpful if I set up a regular walking date with a friend once a week. Write as many endings to the question as you would like, then select the top three that are the easiest and most likely for you to achieve. Then make them happen! Small steps really can add up to big changes!

The Trust Can Help

Along with knowing your motivation, one of the best ways to achieve your health goals is to have support! Having someone there to cheer you on, keep you accountable, and offer you resources can make a world of difference.

As a Trust participant you have access to many no-cost, confidential wellness programs and health benefits. From personalized health coaching to mental health support services, quick access to virtual visits, to life management tools (like caregiver support, financial and legal advice) and more, the Trust can help!

Visit wateamsters.com/wellness to learn more and start taking steps to achieve your health goals!