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WHAT IS IT THAT YOU REALLY WANT?

Often the motivation we need to get what we want is hidden underneath layers of WHY.

Please get comfortable and answer these questions without over-thinking. Slow your breathing a bit, moving your focus from your head to your heart. Allow answers to just rise up and write down what comes up without filtering or editing. The more you ask yourself "WHY?" the deeper and more authentic your responses may become.

What do I want?_____

_____.

Why do I want that?_____

_____.

Well, why do I want THAT (my above "why")_____

_____.

And why do I want THAT?_____

_____.

And why do I want THAT?_____

_____.

And why do I want THAT_____

_____.

And why do I want THAT?_____

_____.

And why do I want THAT?_____

_____.

Continue to ask yourself Why until you can clearly identify the REAL reason you want what you want. Do you still want it? What is the feeling that you are looking for? Understanding this can become the motivation you need to make change happen.

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