



Finding Your “WHY” Motivation Discovery Worksheet

Step #1: Choose Your Goal (Be Specific)

*Seems obvious, right? Yet so many people have no idea what they really want to achieve with health, fitness, and performance. Not having a clear idea of what your goal is causes you to be distracted by all of the stuff out there without helping you actually achieve anything of significance. What do you want to accomplish over the next 6-12 months with your performance? Make this specific and measurable. For example, “I want to lose 20 pounds in the next 6 months”, or “I want to add 15 pounds to my max bench press in 4 months”, or “As a team, we want to win every league game the second time through this season.” **Write your goal below:***

Step #2: WHY Do You Want the Goal?

*Most people never take the time to actually write down their goals. And those that do, almost always stop there. Getting crystal clear on why you want to achieve a goal is extremely important. Try to dig deep and don't be afraid to admit your TRUE motivators—there is no wrong answer! Some of your deep motivators may be extrinsic (win more games, make your family proud), but the motivators that hold the real power are the deeper, intrinsic motivators. Things like “The fulfillment that comes from knowing I did everything I could to reach my max potential and perform my best individually or as a team”, or “The personal satisfaction I'll receive from knowing I was able to achieve something I previously thought impossible.” Those are the kinds of things we're trying to uncover here. **The key:** all reasons must be really important to YOU. Get clear on your reasons. These will be your motivation bedrock for now and beyond. **Write down your big reasons WHY below:***

Step #3: What are the Benefits of Achieving Your Goal?

*Now that you know your WHY, let's talk more about specific benefits. You should get something out of all your efforts work harder in the gym and put in the hours practicing. Knowing exactly what benefits you want - and can expect - can be a huge motivator. So think back to the goal you wrote down in step #1 and fast forward to 4-6 months from now. You've gotten faster and stronger. You won the championship. You've seen your accomplishments soar to levels better than when you thought possible. What are the specific benefits you have now? Are you more confident in a bathing suit? Have your individual or team statistics measurably improved? Are your friends and family shocked at how much progress you've made? Are you holding on to the memory of hoisting the trophy above your head with your teammates, knowing you will be in your school's history books forever as champions? **List 5-10 SPECIFIC benefits below:***

Step #4: What are the COSTS of Achieving Your Goal?

*Alright, so we did the fun part and listed all the good things that will come of achieving your goals. But, there's no way around this: in order to achieve BIG goals, you're going to have to put in the work and make some sacrifices. That's okay, but it's important to identify these "costs" ahead of time so that when they arise, you know it's just par for the course. You're going to have to start doing some things that take effort that you may not be used to doing. You're also going to have to stop doing some things that aren't consistent with your goals. What are the costs of your goal? Are you willing to stop drinking soda and eating pizza so often? Are you willing to get up an hour early if necessary to get an extra conditioning or skills workout in? **Write down 5-10 specific costs of chasing your goal over the next 6-12 months (eating, exercise, time, effort, etc.):***

Step #5: Do Your Benefits Outweigh the Costs?

*To achieve any goal, whether it be a health and fitness goal, performance goal, or team goal over the next 4-6 months, your brain's emotional perception of what you're going to get out your efforts **MUST** outweigh the pain incurred from the costs. Do your benefits outweigh the costs? Yes, no, maybe? **Write your answer below and tell yourself WHY the benefits outweigh the costs...***

Step #6: Your Mission Statement

Now that we've done all the grunt work, it's time to put it all together into a simple mission statement that you can refer back to it over the next 4-6 months. Print this out, tape it to your bathroom mirror and make sure you look at it every single day.

Complete your mission statement by filling in the blanks below...

I am achieving/becoming _____(write goal here)_____ in the next 4-6 months because _____(write benefits here)_____, and I know that the costs of making these changes are _____(write costs here)_____

....Which I accept because I am on a mission to become the most successful version of myself.

Complete your mission statement below:
