



# The 5 Whys - How to Figure Out What Matters to YOU

To figure out your real internal why, you need to go through the “5 Whys Process.” Let’s look at the answers of someone who wants to live a healthier lifestyle might give:

1. **Why do you want to live a healthier lifestyle?** (Note: you can break this initial question down into a smaller question like “why do I want to exercise more” or “why do I want to lose weight,” etc.)

For example: *I want to lose 20 pounds.*

2. **Why is that important to you?**

For example: *I gradually let myself go over the years and I no longer like the way I look in the mirror.*

3. **Why does that matter to you?**

For example: *I don’t feel confident in social situations anymore because I feel like everyone’s judging me based on my weight gain.*

4. **Why or how does that affect you?**

For example: *It affects me because I tend to avoid social situations now out of fear of being judged. When I do go out I feel uncomfortable and tend to hide away. This is not only affecting me at social gatherings, but in my personal relationships and at work. I feel bad about myself, so I try to avoid being noticed. This has caused me to feel frustrated, sad and angry at myself, and I don’t enjoy a full life like I used to and want to.*



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**5. Why or how will living a healthier lifestyle help you?**

*For example: By living a healthier lifestyle, I will lose weight and gain self-confidence. Not only will I be finally taking the time to care for myself, but I will be bettering my mental state and that will better my life in all areas. I will improve my relationships, my work life, my social life. By being more confident about myself, I can enjoy my life the way I want to.*

In the spaces below, write your thoughts for each of these questions. Take as much time as you need, and give each question your honest answer. Don't worry about being "right" or "wrong" or how your responses might seem to other people. This is for YOU.

**1. What is your goal and why do you want to achieve it?**

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**2. Why is that important to you?**

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**3. Why does that matter to you?**

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4. **Why or how does that affect you?**

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5. **How will achieving your goal help you?**

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When you dig deeper, there is much more reason to follow through with your plans than if you stay at the surface. When faced with temptation, the prospect of gaining weight (or not losing weight) is usually not enough to keep most of us on the right track.

But when your reason to avoid the temptation is deeper, such as improved self-confidence, relationships, work and social life, then it becomes much easier to make the healthy choice.

**So, what is your why?**