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FINDING YOUR WHY
WORKBOOK

- Hello -

And Welcome to Finding Your Reason Why!

Your reason why can help you when you are struggling as a new business owner because you know clearly and confidently why you started this in the first place.

Inside this workbook you will focus on what your priorities are right now, wherever you are in your life and business.

It will help guide you and keep you on track with your priorities.

This exercise is not one that you complete once and never look at again. Revisiting your priorities often will motivate you and keep you on track for your goals. I try to spend some time every 6 months evaluating my priorities and reviewing how I spend my time working on these priorities.

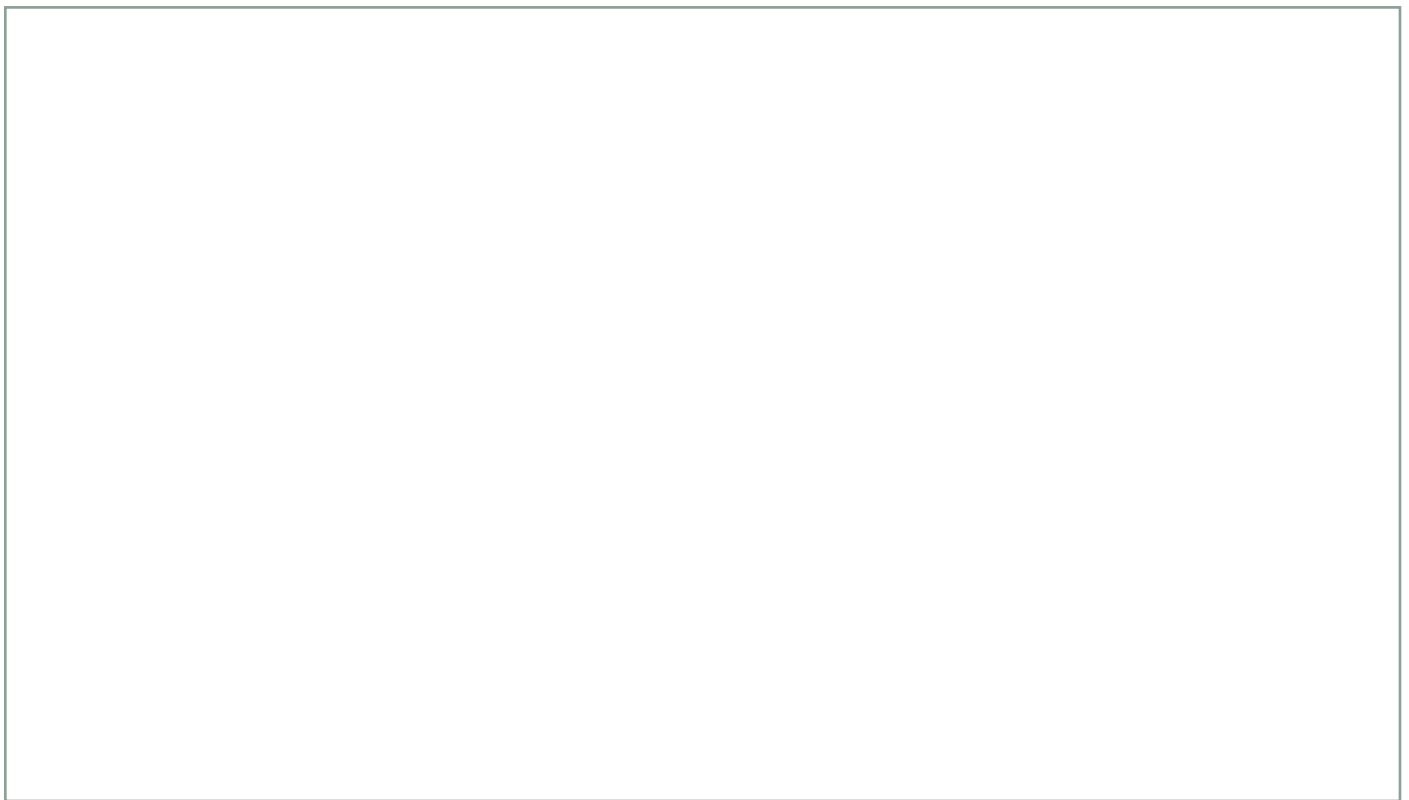
This is your one life. Let's make sure you are spending your time in the right places and bringing you closer to your goals!

Let's do this!

- Currently -

You probably have a vague idea about what is important to you most likely you haven't actually put it down on paper or said it out loud. Getting clear on your reasons and goals will help you figure out how to spend your time and prioritize your day so that you can get closer to living a fulfilled life.

What are your current priorities in life? Remember there aren't any wrong priorities and yours may look completely different every time you sit down and evaluate.

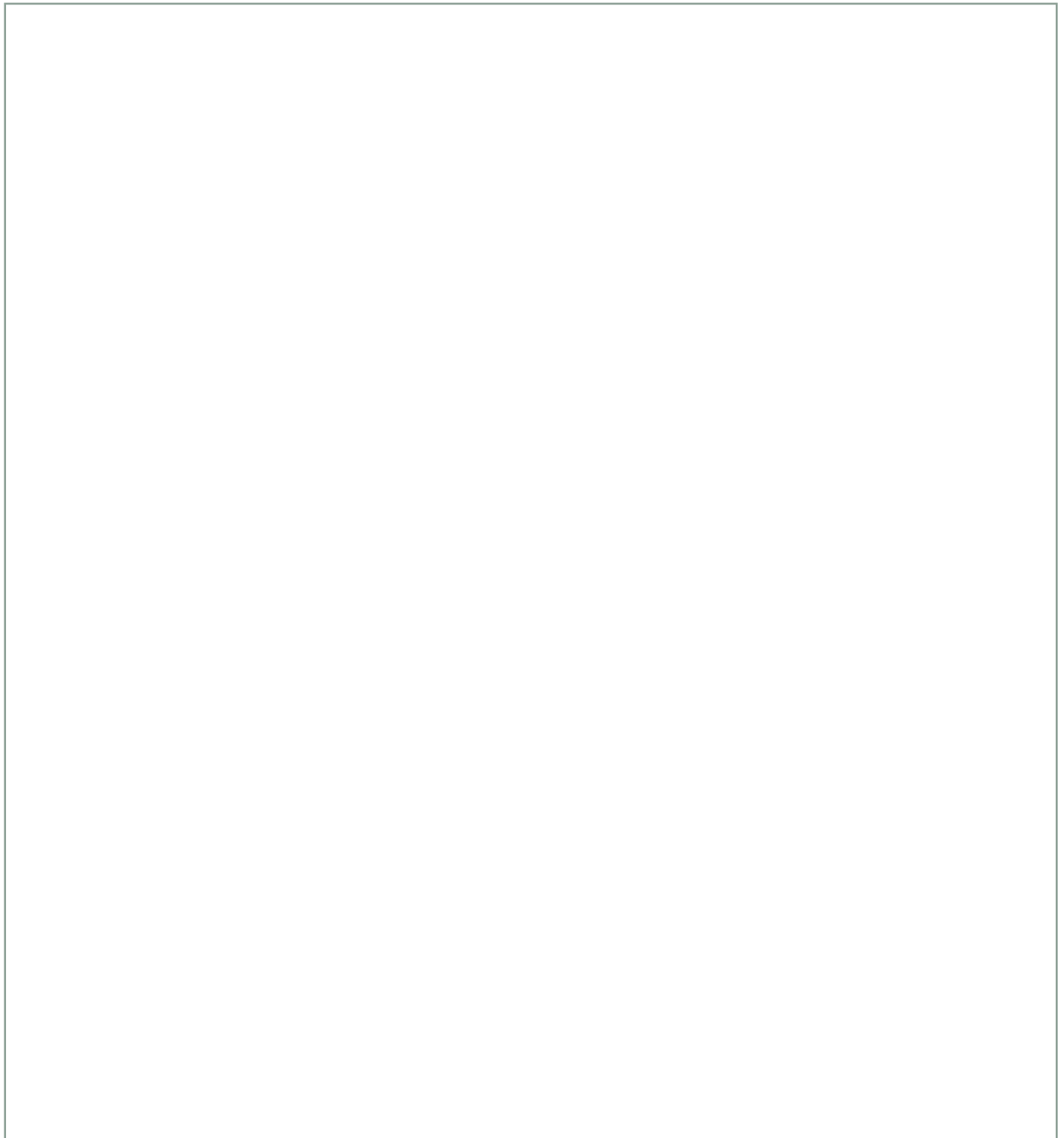


Mine are...

- My Husband
- My Family
- My Design Business
- My Health

There are many more things that are important to me but these are my priorities right now. These are the things I want to spend my time focusing on.

How are you spending your time? Look at your todo list and evaluate what goals they serve. Use the space below to reflect on what you're spending your time on and what it says about your priorities? Write like you are talking to a trusted friend and be honest with yourself.

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on how they are spending their time.

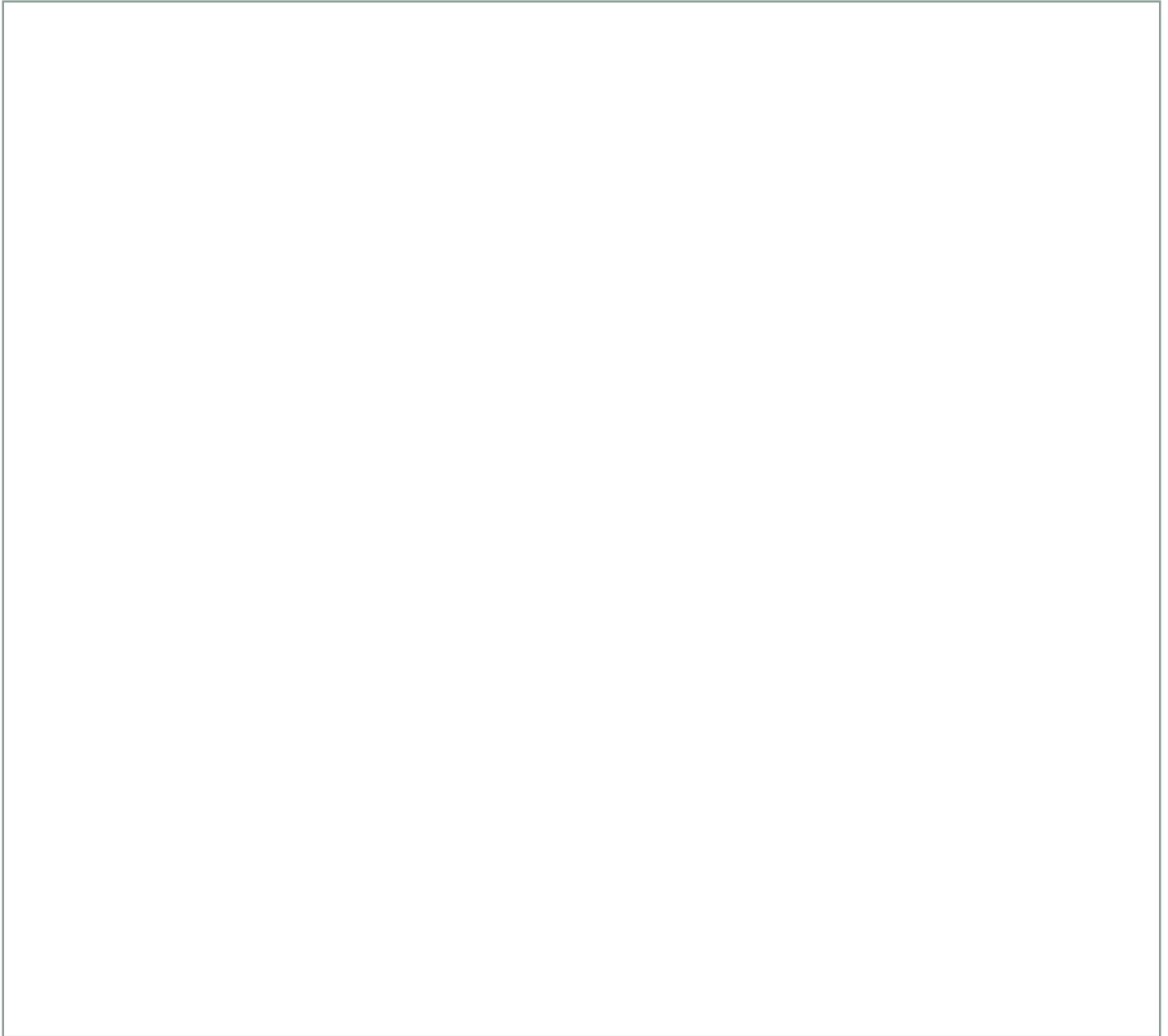
Are the things filling your schedule reflecting these priorities? If not it's time to make some changes in your life to get closer to your goals.

Start making the things that reach your goals higher priority on your list.

For me a high priority for me is to walk my husband to work every morning. I could stay in bed and get some more sleep. He wouldn't mind but I get up and get dressed to walk him across town to his work every morning. This time is so important to me because we start our days together talking and walking (doing something healthy is always a bonus). It is kind of a mini date every day where we just focus on us.

Below write out the activities that help you work on your priorities.

What are your Current Priorities for your business? Break your priorities down even further to gain even more clarity.



Mine are...

- Be booked out for 6 months
- Create my first paid course or ebook
- Build my social media network
- Create useful content targeted to my ideal client

When you look at the stuff filling your to-do list are they really helping you reach your goals or just filling your time? Record your thoughts below.

Running a business is a lot of work so having a solid reason about why you are putting in all this effort will help you through the really tough times when you are struggling.

My reason is to create a business that I and my husband can work at and live a laptop lifestyle, traveling and working from anywhere together.

There are no wrong reasons why so be bold and put it out in the universe! Write out your why for running your business. Put it on your desk so you can see it everyday and work towards your goals. Think about why you started your business use the space below to write out why you started. Don't self edit write honestly and completely.

Extra Notes