

# Finding Your Why

## WHY DO I WANT TO EAT CLEAN?

List out as many reasons as you have for wanting to eat clean.

For Example:

- I want to have more energy
- I want to improve a chronic illness or condition
- I want to run around with my grandchildren
- I want to set a good example for my children
- I want to lose weight

## ATTACH A POSITIVE FEELING

Ask your self how will I feel or what will it feel like to.

- Have more energy
- When I improve the symptoms of my chronic illness or condition
- When I can run around freely with my grandchildren
- When I set a good example for my children
- When I lose weight

## VISUALIZE IT

Close your eyes and see yourself following through with your why.

Place your hand on your heart and feel what it feels like.



WHOLE LOVELY LIFE

## Time to do some work!

Following the directions on the first page take at least 30 minutes to sit quietly and complete the next 3 pages.

Write down whatever pops into your head.

Have fun.

And, don't overthink it!

# My Why For Eating Clean Is?

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# Visualize

CLOSE YOUR EYES.

PUT YOUR HAND ON YOUR HEART.

VISUALIZE EACH WHY AND  
POSITIVE FEELING.

## TIPS

Print your list of why's and feelings and place them somewhere you will see often.

Everyday take 5 minutes to run through your list, feel the associated feeling, and visualize.

Keep coming back to your why. It will remind you WHY you are EATING CLEAN and will HELP YOU TO STAY ON TRACK and REACH YOUR GOALS!



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