

# Finding Your Why

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What is the difference between an external why and internal why?

An external why is the pressure part of the desire to change i.e.:

Time – Projects are left incomplete or take much longer to complete because you can't find what you need to complete the project.

Energy – You are embarrassed to invite people over and do whatever you can to avoid people dropping in (constantly going to them).

Money – Purchasing duplicates because you can't find the one you need.

Stress – Feeling like you are always running behind, you run around at the last minute to get things in or complete moments before they are due/late.

Frustration – Misplaced items – not being able to find what I need, when you need it.

An internal why is the intrinsic desire to change. It is bigger than just a goal. It is the thing that keeps you working towards the goal even when things get tough and seem impossible. It is the dig deep feeling, knowing what you want and working towards it regardless of what others think. i.e.:

I want to be remembered for who I am, not my clutter.

I want to have deep meaningful connections.

I want to feel comfortable and invite people can stop by anytime.

I want to feel reliable, in control, proactive.

I want to be able to relax in my home.

I want to improve my health and quality of life.

## Questions to ask yourself to get to your why:

What has motivated you to desire this change? (Usually, there is some type of catalyst: an argument, a late bill, a planned family gathering, a medical issue, an addition or loss in the family).

Are you initiating the change or did someone else?

Are you want this change to impress or appease someone else?

What is at risk if you do not complete this goal?

What are you hoping is going to be different because of this change?

What support do you need to make this change happen?

Finally: Why do you want this goal? What is your external motivator?  
What is your internal why? Write it down and post it on the fridge.