

Finding Your Why



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

An external why is the pressure part of the desire to change. For example:

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 complete or get things in moments before they are due.

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. For example:

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 to stop by anytime.

I want to feel reliable, in control, and proactive.

I want to be able to relax in my home.

I want to improve my health and quality of life.