



HOW TO Find your 'why'

A 'why' is the core motivation or reason behind your desire to make a health or lifestyle change.

It is the driving force that inspires you to take action and helps you stay committed, especially when challenges arise. Unlike external pressures or vague intentions, a strong '**why**' connects your goals to your deepest values, desires, or the people and things you care about most.

Why is a 'why' so important?

- **Sustains motivation** - when you know your 'why,' you have a compelling reason to stick to your health goals, even when motivation wanes or obstacles appear.
- **Builds resilience** - a strong 'why' helps you bounce back from setbacks and maintain progress over time, rather than giving up when things get tough.
- **Guides decision-making** - your 'why' acts as an anchor, helping you make choices that align with your long-term well-being and values.
- **Makes goals personal** - changes driven by your own reasons—not just because you 'should' or because someone else wants you to—are more likely to last.
- **Boosts commitment** - research and expert advice show that people with a clear, meaningful 'why' are more likely to achieve lasting changes in health behaviours.

Examples of common 'whys'

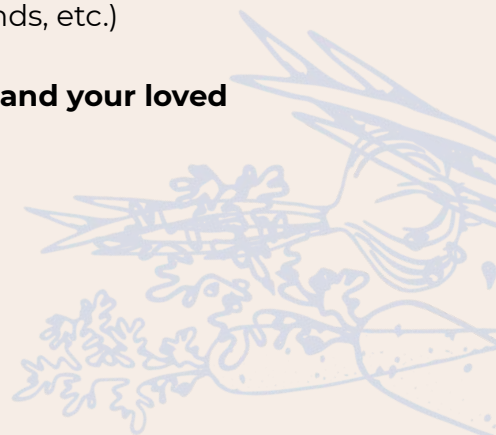
- ➔ To live longer and enjoy more time with loved ones.
- ➔ To have more energy for daily activities or hobbies.
- ➔ To set a healthy example for children or family.
- ➔ To prevent illness or improve a chronic condition.
- ➔ To remain independent as you age.



Questions to help you discover your why



1. **Describe your perfect day:** Imagine waking up with optimal heart health. Where are you? What do you want to do? How would heart disease impact your ability to enjoy this day, now and in the future?
2. **What will you miss out on if your heart health declines?** List experiences, relationships, or activities that are important to you.
3. **How do you feel when you take care of your heart?** Notice any differences in your mood, energy, or outlook.
4. **What are the long-term effects of poor heart health?** (You can list known risks: heart attack, stroke, reduced mobility, etc. Leave space for personal concerns.)
5. **Think of a past change you were excited about:** What was it? How long did you stick with it? What helped or hindered your success? (This highlights the need for ongoing motivation and support.)
6. **How would your life be different if you improved your heart health?** Consider daily routines, family life, work, and hobbies.
7. **What are the positives of making heart-healthy changes?** (e.g., more energy, less medication, better mood, more independence)
8. **What are the negatives of not making these changes?** (e.g., increased risk of illness, less energy, reduced quality of life)
9. **What will you gain from transforming your heart health?** (Consider both personal and social benefits.)
10. **Who supports you in your heart health journey?** (List your support team: family, friends, healthcare providers, coaches, etc.)
11. **Who are you doing this for?** (Yourself, family, children, friends, etc.)
12. **How has heart disease or poor heart health affected you and your loved ones?** (Reflect on emotional, physical, and social impacts.)



My health why?



Open a document or grab a piece of paper and answer the below questions:

1. What is my perfect day?
Describe your ideal day with optimal health.
2. What I'll miss if heart health declines?
List experiences or people you don't want to lose.
3. How I feel when I take care of my heart?
Describe changes in your mood or energy.
4. What are the long-term effects of poor heart health?
List known risks and any personal concerns.
5. What past changes I was excited about?
What was it? How long did you stick with it?
6. How would my life be different with better heart health?
Describe changes in daily life, family, work, or hobbies.
7. What are the positives of making changes?
List the benefits you expect or have experienced.
8. What are the negatives of not changing?
List the consequences you want to avoid.
9. What will I gain from transforming my heart health?
List personal and social benefits.
10. Who are my support team?
List people who support you.
11. Who I'm doing this for?
List the people or reasons that motivate you.
12. How has heart disease affected me and my loved ones?
Describe emotional, physical, and social impacts.

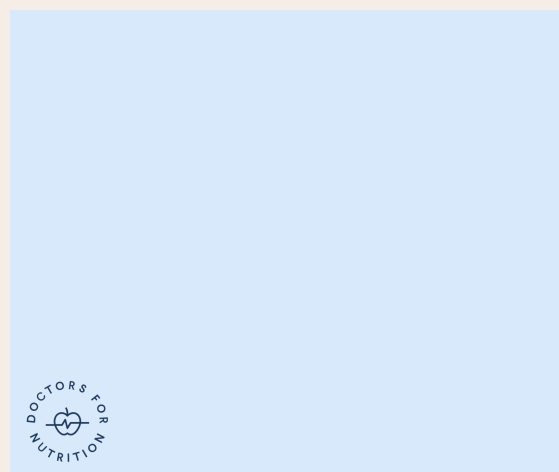
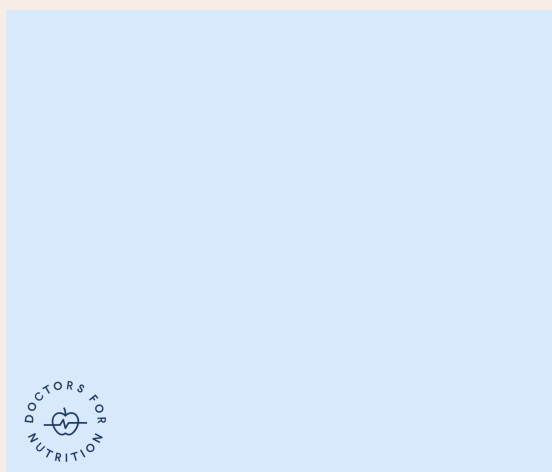
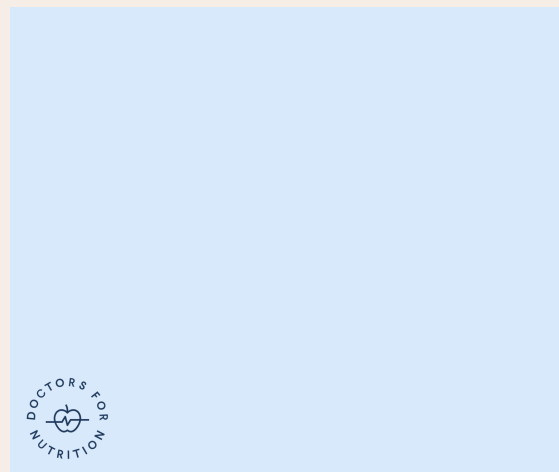
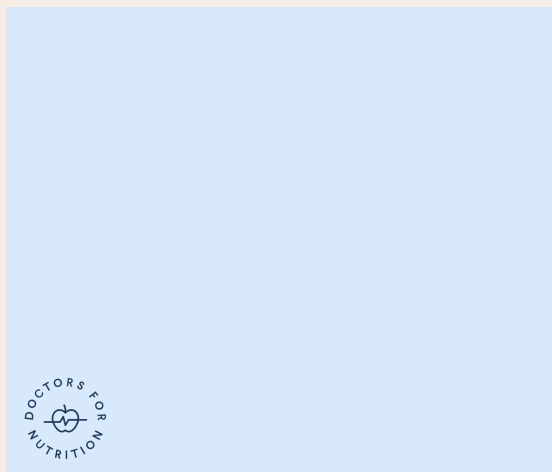
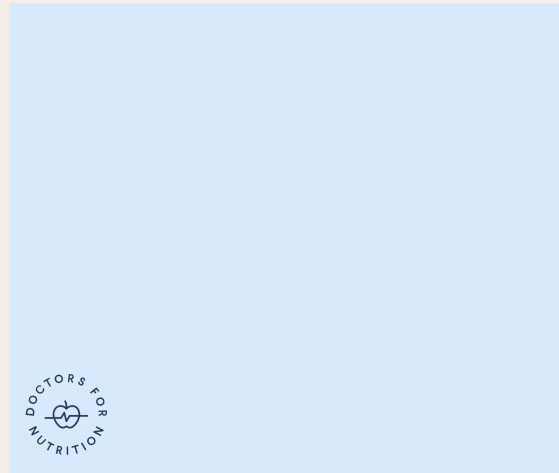
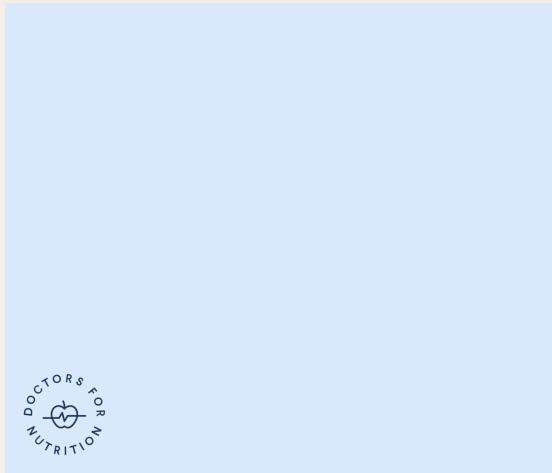


PRINTABLE RESOURCE

Your goals and your ‘why’

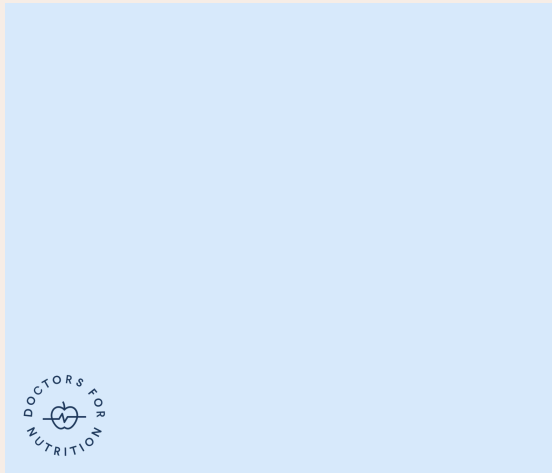
This resource is designed for you to write down your personal **‘why’** (your main motivation for making healthy changes) and your specific **SMART goals** (goals that are Specific, Measurable, Achievable, Relevant, and Time-bound).

Once you’ve filled in your why and your goals, cut out the boxes and place them somewhere you’ll see them often—such as your bathroom mirror, fridge, wallet, or workspace. Seeing your goals and your motivation daily will help keep you focused and inspired as you work toward better health.

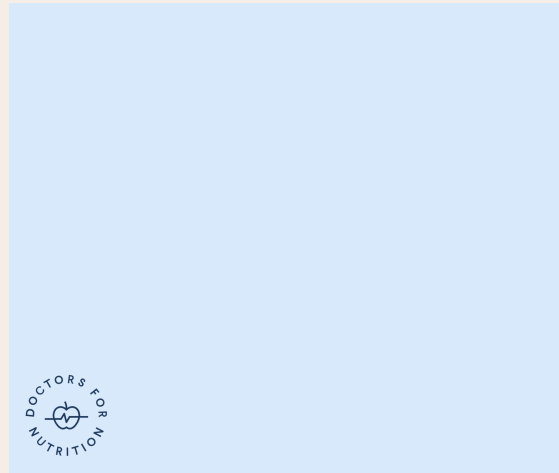


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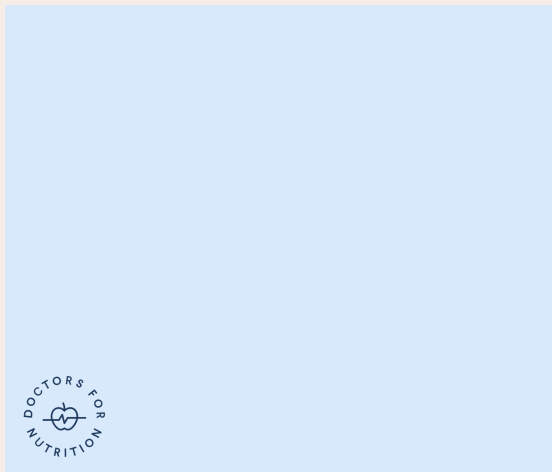
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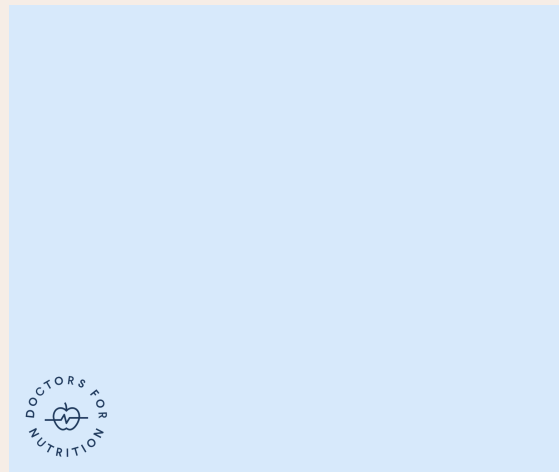
A large, empty light blue rectangular box for writing goals and reasons. In the bottom-left corner, there is a circular logo with a heart and a pulse line, surrounded by the text "DOCTORS FOR NUTRITION".



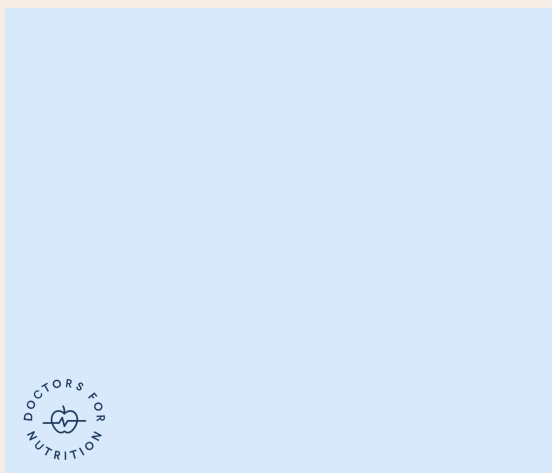
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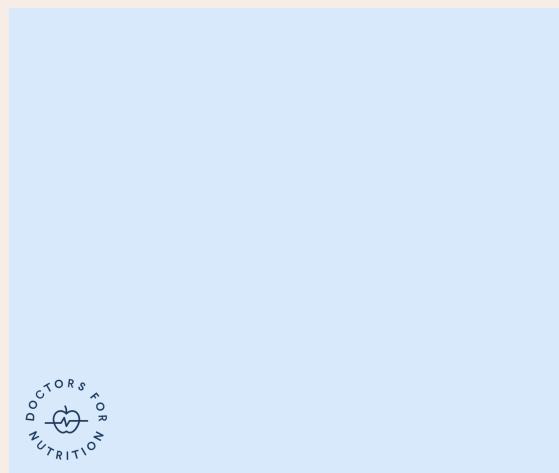
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Top tips:

1. Revisit your goals regularly.
2. Update them as you make progress or if your motivation changes.
3. Keeping your “why” visible reminds you what matters most on your journey