



Exercising WELL, LLC

My Core Why

Having a healthy connection to your center builds the ability and courage to meet yourself where you are and trust your inner source of guidance, especially when life is stormy and you are tempted to find a quick fix to feel better, which leads to feeling worse later.

Your Core why is the most powerful source of your motivation. It's your purpose or passion in life - what you value at its most elemental level.

Purpose or passion does not mean what you want to achieve, it means what you value most in life. We can be disconnected from this when we are just going through the motions and lose sight of the elemental level of motivation for doing everyday tasks. Motivation becomes a struggle and we need to rely on external motivators like other people and incentives.

The challenge is it can be difficult to put into words because it is a sense or a feeling you have inside. In this form, come as close as you can to a word that captures this for you. Start by thinking of what you are most grateful for to help surface the elements of life you value most.

The meaning of this word for you, and how it connects with what you know at your center is most important to you right now is completely unique to you.

There is no right or wrong answer. Take your time and come back to this form after a few days of thinking about the questions as needed.

This process is simplified through a coaching conversation. **[Click here to schedule a FREE Core Why call with me.](#)**

What am I wanting most for my health and well-being right now?

What would that make possible for you? So that I can....

List three physical activities you need and want to be able to have that for your health and wellbeing now.

For example: get up and down off the floor to play with grandkids, walk long distances so I can sightsee, climb stairs without pain

What would that make possible for those you care about? So that they can....

What would that make possible for the world? So that there is more.....

This can seem like a big question. Simplify it by imagining the world in 20 years with more of what you would like to see in it. What would that be? More peace, joy, kindness, care... Simply brainstorm. Then imagine that you had an influence on that change but no one knew you had a hand in it.

Here are some words that may help. Check the word or words that represent what you want for yourself and the world

- Authenticity
- Achievement
- Adventure
- Balance
- Beauty
- Boldness
- Compassion
- Community
- Contribution
- Creativity
- Curiosity
- Faith
- Fairness
- Friendship
- Fun

Growth
Honesty
Inner harmony
Kindness
Leadership
Learning
Love
Optimism
Peace
Recognition
Reputation
Respect
Responsibility
Security
Service
Trustworthiness
Wealth
Wisdom

Do any other words come to mind?

Your Core Why

Look over what you wrote above. What one word brings you back to what you imagined for yourself, those you care about and the world at large. The word itself does not matter, it is what it means to you and how well it brings you right back to the images you had as you answered the questions.

Try out this word as you go through your day to see if it gives you a spark of energy and motivation. If it doesn't, it will lead you to another word that is deeper and more energizing.

Give yourself time and trust your gut to express this inner passion and source of motivation that only you know inside.

You will use this word throughout the program. If you got stuck here, [click here to schedule a call with me](#). A coaching conversation is a great way to help you hear yourself with more clarity.

Enjoy experiencing the power of your Core Why!