

## Step 3: Developing Your "WHY"

Having evaluated areas to address for change and your readiness to carry them out, we will now discuss your "why". Establishing and understanding your motivation for wanting to make these changes will aid with accountability as you progress through the latter stages of the program.

### EXAMPLE

What specific areas of your wellness do you want to address?

*I want to address my physical wellness. Within my physical wellness, I want to improve my nutrition and physical fitness.*

What specific changes are you looking to make to address this dimension?

*For my nutrition goals, I want to eat healthier and spend less money eating out. For my physical fitness goals, I want to be more active and exercise more often.*

Why do you want to make these changes and why are they important to you?

*I want to make these changes to improve my long term health and to feel more confident in myself. These changes are important to me because living a healthier life now will allow me to be active and healthy when I am older. I understand that eating healthier and exercising more often will reduce the risk of many health issues and I want to make sure that as I get older, I am healthy and able to be present for my loved ones.*



**Be Well at Work**  
*Faculty/Staff Wellness*

How will these changes impact your life?

*These changes will have a direct impact on improving my overall health and how I feel on a daily basis. By taking these steps to be healthier, I will improve my health not only in the present, but also reduce health risks down the road.*

What will you do to ensure you successfully make these changes?

*To ensure that I successfully make these changes, I am going to carefully track my progress and will be pursuing my exercise goals with a friend to further help with accountability. I am going to begin writing daily reflection pieces to keep myself grounded and will also be tracking my progress related to my goals.*

Reflecting on your previous answers and your current mindset, what is your motivation? Think about what you view as your "mission statement".

*I am motivated to make these changes because I understand how important it is to maintain your long term physical health and this is something that I have always known I am capable of but I have consistently put it off. I am finally ready to make these changes and see just how much of a difference I can make. I know my physical and mental health, as well as my confidence in myself, will all be positively impacted by these changes and I am ready to see my best self. Building my mission statement for this program, I truly believe that "A healthier life is a happier life."*



## Step 3: Developing Your "WHY"

Having evaluated areas to address for change and your readiness to carry them out, we will now discuss your "why". Establishing and understanding your motivation for wanting to make these changes will aid with accountability as you progress through the latter stages of the program.

What specific areas of your wellness do you want to address?

---

---

---

What specific changes are you looking to make to address this dimension?

---

---

---

---

Why do you want to make these changes and why are they important to you?

---

---

---

---

---



**Be Well at Work**  
*Faculty/Staff Wellness*

How will these changes impact your life?

---

---

---

---

What will you do to ensure you successfully make these changes?

---

---

---

---

Reflecting on your previous answers and your current mindset, what is your motivation? Think about what you view as your "mission statement".

---

---

---

---

---

---

---

---

---

---

