

EXAMPLE

WHY FUNNEL

what are your goals and why are they important?

We are more motivated when we know WHY we are pursuing something. When moving into aligning yourself with behaviors that support your values, start with why. Get more specific on your why by creating a why funnel.

Goal (be specific): **What/Where/When: Meditate for 10 mins/in the sunroom/after dinner M-F**

Why do I want this?

Because I want to better manage my stress proactively without using food

And why do I want that? What does it provide me?

To be less rushes and frantic, which usually causes me to stuff food down. I want to be more in the moment to better listen to my body physically AND mentally.

And why do I want that? What does it provide me?

I will be more present in the moment, to not only tune into my needs but have more enjoyment of day to day pleasures. By being more present and attuned to my needs, I won't need to binge

When I get to my goal, I will feel:

**peaceful, happy, and aligned with my mind and body.
I can manage day-to-day stress without getting overwhelmed**

Stick. this on a post-it note where you will see it to be reminded of its importance!!.



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Adapted from Coaching With Brooke, LLC