



# YOUR POSITIVE PROJECT

**"10 DAYS TO A MORE POSITIVE LIFE"**

Remembering why we do the things we do is important to staying motivated and having a positive attitude. Today's exercise will help you remember your underlying motivations and help you **DISCOVER YOUR WHY...**

## **DIRECTIONS:**

1. Print out the exercise on the following page
2. Think of the things you do on a daily basis that make you feel overwhelmed and stress you out. Write them down under **"LIFE COMMITMENTS"**
3. Next, think about the reason you do those things, or the underlying motivation for those actions. Write your reason for doing these things under **"WHY"**

Here's an example...

LIFE COMMITMENTS	WHY?
<b>GOT OUT OF BED AT 5:30 TODAY</b>	<b>BECAUSE I WANT TO ACCOMPLISH GREAT THINGS TODAY.</b>
<b>DROVE AN HOUR IN RUSH HOUR TO WORK</b>	<b>BECAUSE I'M PROVIDING FOR MY BEAUTIFUL FAMILY</b>
<b>PICKED UP GROCERIES</b>	<b>BECAUSE EATING HEALTHY IS IMPORTANT FOR ME AND MY FAMILY</b>
<b>PAYED THE MORTGAGE</b>	<b>BECAUSE I WANT TO KEEP A ROOF OVER CHILDREN'S HEADS</b>



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LIFE COMMITMENTS	WHY?
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	

Review and reflect on why you do the things that stress you out at times. A simple shift in perspective and remembering your “why” for these life commitments can make them not seem so overwhelming.

