

# Reasons

Think about the last time that you really REALLY wanted something that seemed just out of your reach. The passion and desire you had for that thing meant that no matter what obstacles were in your path, you smashed through them anyway, right?

The HOW wasn't as important as the WHY... In fact, when your WHY is strong and compelling enough the HOW takes care of itself.

## **Break Free of Fear Formula: WHY > HOW**

For what purpose did you start this course?

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What will increasing your confidence, certainty and happiness levels give to **you**?

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What will having increased confidence, certainty and happiness do for you and the people that you love?

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Why are confidence, certainty and happiness so important to you now?

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From this exercise, work out what is the strongest motivator, the strongest and most compelling REASON for **you** and write it below. The return to the course.

My strongest REASON for building my confidence, certainty and happiness is:

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