

Why is this important to me?

The reasons why we do something can help us fuel our motivation in times when we feel unmotivated... so taking time now to write a page about why completing this course is important to you now will help future-proof you for those times when you just can't be bothered, cos let's face it – they will happen, right?

Writing out your reasons in your own handwriting makes this exercise even more powerful, so use a journal to document your journey through your time of growth, or download and print this worksheet and fill it in.
