

Finding Your 'Why?' – What is Your Motivation

By MuslimMoneyMan.com

Most People are Professional Starters and Amateur Finishers

Motivation is internal

Others may inspire me to find my own Motivation

Below are the Action Exercises to help you in Finding Your Why:

Questions:

What do I want?

(This is Too Vague a Question to elicit a powerful emotionally packed answer)

What does that mean? *(Clarify what you want, get specific)*

Why do I want that? How will accomplishing/achieving/or getting what I want make me feel?

Why do I want to feel like that?

(What is the main emotional reason I want what I want?)

What am I willing to do to achieve/accomplish/or get it?

(Beginnings of a Plan, don't worry, your 1st plan is suppose to be your worst plan :o)

What am I willing to give up to for what I want?

(Sacrifice/Self-investment-make sure your WHY is strong enough, revisit the above)

How will I feel if I don't get what I want?
(motivated by pain than by pleasure)

(Amp up your WHY by stirring in pain, 80% of people are more

Principles:

[Pareto Principle – 80/20 Rule](#)

[Pleasure Pain Principle](#)

Actions: Manifest Your WHY

- Write out your WHY
- Put it in front of you where you see it daily
- Put it where others may keep you accountable
- Put on Blue Index Cards & Carry with You
- Visualize and picture yourself already in a successful state of being

Notes:



*The links to the principles are for clarification purposes only, we do not necessarily agree with or endorse any other information shared on other websites