

Worksheet

1. Why do I want to be successful in business?

2. Why do I want that? (use answer from #1)

3. Why do I want that? (use answer from #2 and keep asking these questions again until you reach the emotional place that really connects with you)

4. How will I feel when I've achieved what I want?

5. What difference will this make in other people's lives?

6. How will I feel when I've made this difference in other people's lives?

7. Write out your WHY statement that expands on all the work you just did (if you need more room, feel free to write this out in a different place).

8. Read this WHY statement every week and look at your goals twice every day.

Congratulations! The work you just did will make a difference for the rest of your life! If you feel you need to go deeper, that's completely ok. Take your time with this and make sure you do it right. Go through this again every month or so if you haven't gone deep enough.

This is hard work (I know from personal experience as well as because I do this so often with my clients). If you believe you need help with this or simply want to speed up the process. Please contact me through my website: markfrentz.com and I'll make sure we take care of you. I have developed a lot of ways to help my clients because everyone truly is unique in their experiences and dreams.