

Find Your

WHY



Find Your Why

Why did you start this business? or why do you want to start this business? Write your why in the box below, read it out loud then ask yourself why again and write your answer by the time you get to the 5th why it should be so deep that you get emotional.

Business Idea:

Why?

Why?

Why?

Why?

But Really Why?

Positive Feeling & Emotions

Shift To Grow Formula

Negative Feeling & Emotions

- Joy, love, appreciation
- Faith & Trust
- Confidence
- Enthusiasm, Eagerness,
- Happiness
- Positive expectation/belief
- Passion
- Enthusiasm Eagerness
- Happiness
- Optimism
- Hopefulness
- Contentment

- Boredom, Pessimism
- Overwhelm, Unworthiness
- Doubt Guilt, Insecurity
- Frustration, Irritation
- Blame , Impatience
- Worry , Unworthiness
- Anger, Discouragement
- Disappointment
- Revenge, Hatred
- Jealousy, Insecurity
- Resentment / Judgement
- Fear, Grief, Despair,



The goal is to live in the green, when you align your life & business in the green you attract abundance.
 Avoid the red emotions and when they come up get back into the green consciously as quickly as possible

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