

Chapter 3 Worksheet: Uncover Your Wellness Why

Why do I want to give myself the gift of wellness now?

I want to:

Why do I want that?

I want to:

Why do I want that?

I want to:

Why do I want that?

I want to:

Why do I want that?

I want to:

Why do I want that?

I want to:

What have you discovered is your True “Wellness Why?”

I want to give myself the gift of wellness because

Post your **Wellness Why** where you can see it every day.