



Finding your WHY

Its true, knowing WHY you embarked on this journey and knowing what you REALLY want will help you continue in times of need, where motivation is lacking.

Vagueness is to be left at the door here, I need you to dig DEEP.

ok ok, so it may be

'i want a stronger core'
'I want to lose weight'
'i want to ride better'

GREAT!

WHY?????????

It might be

'I am tired of a dieting cycle'
'i am frustrated with not knowing what to do'
'i need accountability'
'I want to be a role model for my kids'
' i want to be better for my horse'

- 1. Why did you sign up for this programme?**
- 2. But WHY!! Go deeper than the answer that you gave above!**
- 3. Repeat saying this to yourself until you feel motivated and ready**
- 4. Write this down somewhere you can see it. The fridge, your phone etc.**
- 5. Send this information to me via Trainerize app at the end of week 3.**

YOU CAN DO THIS AND KNOWING WHY IS POWERFUL