

# Start With Your Why

## Welcome to the first exercise of the myHealthDestiny Nutrition Program!

We're going to kick off the program with your "Why." The "Why" is the reasoning behind why you have signed up for this program. This exercise is crucial. If you feel like you want to skip it, DON'T! :) You may realize that your 'Why' is deeper than you think.

1. Begin by purchasing a small notebook-nothing fancy just a simple notebook that's dedicated to this program.

2. Once you've received your Nutrition Program notebook, you'll start your vision board. What's a vision board? It's a tool that will reinforce you throughout the program and your commitments. Cut out images from magazines, catalogs, include photos of your family, add quotes ... anything that resonates with you and inspires you to want to be healthy and well. You'll put these inspiring images on the inside or outside of your notebook.

3. After you get inspiration from your vision board, open the first page of your MyHealthDestiny Nutrition Program notebook and begin writing down your 'Whys' (why you're doing this program).

4. Next you will create actionable goals. Dig deep for this one. If your goal is to lose 10 lbs., write it down...then dig. Why do you want to lose 10 lbs.? Is it for health reasons; to alleviate pain in your joints or back? To improve your skin? To have more energy throughout the day or sleep better at night? Is it to look good for your significant other or yourself?

Whatever the reason, write it down and DON'T judge yourself. There is nothing wrong with wanting to look good :) Be honest. Your 'Why(s)' need to be authentic and true to you; not what anyone else wants for you, but what YOU want for yourself.

5. Get all of the "white noise" out of your head and onto paper! Our lives are busy and it will be easy, as the program progresses, to get off track. If you write down all your Whys and revisit your journal often, it will be a constant reminder why you joined this program.

6. From your Why, I want you to write down at least three actionable goals you can achieve in the next 28- days. For example, if you want to lose a little bit of weight, I want you to write down your weight goal and the amount of time you want to lose that weight. If you want to lose 10 lbs. in 28-days (very possible if you stick to the program), write it down.

If you want to have more energy throughout the day, your actionable goal would be to commit going to bed by 10 p.m. so you can get at least 8-hours of sleep.

7. Go back to your MyHealthDestiny Nutrition Program notebook often. If you've ever journaled before, you know the importance of writing down your thoughts. It's really important to write down challenges, "aha" moments; anything that allows you to express how you're feeling. And you will always go back to your vision board for inspiration.

Happy journaling!  
*Martha*

