

Health Matters

JANUARY 2021 NEWSLETTER

KNOW YOUR "WHY"

Increase your motivation to reach your goals by asking yourself one simple question.

Having a strong sense of who you are means you know what you value and what motivates you. This quarter, join us to explore your "why," your identity and your self-talk.

It is goal-setting season. You may be excited about new goals for 2021. At some point, the things you need to do to reach those goals will become difficult. The most important question to ask yourself when this happens is: Why is this goal important to me?

Asking why your goals are important will uncover clear and compelling reasons - your "why" - to keep reaching for your goals. Your "why" may come from internal and external reasons to change. Internal reasons come from within you, like wanting to feel more comfortable in your body. External reasons come from others. For example, your doctor's recommendation.

Your "why" needs to be more than wanting to be healthier. We would all be healthier if this were a strong motivator. Choose a "why" that will push you to get up and work toward your goals when you do not feel like it.

Take time to dig deeper into your "why." Find reasons that will move you closer to your goals with these tips:

- Write down one goal.
- List reasons you want to reach this goal.
- For each reason, write down why that reason is important to you.
- Continue to ask why to each answer until you find your underlying motivation.
- Be specific and clear with your answers.
- Expect to feel emotional or energized when you find your "why."

If you are struggling to find your "why," connect with a certified health coach to help you dig deeper on this topic.

References:
CareHere Weigh
2 Wellness Program

Having a strong "why" makes it easier to stick to your health goals. It can give you the encouragement you need to stay committed when it gets difficult.

CareHere is here to support you.

Schedule an appointment by calling 877.423.1330 or using our CareHere app.