



# POSITIVE CHANGE: FINDING YOUR HEART-REASON

Here's the companion worksheet for the first piece of the **Good Gut Blueprint** pie. In order to make some change permanent and continual, you have to figure out a golly-gosh-darn good reason to doing it! That's why I call it a **"Heart-Reason"** ... it has to touch your heart and get you movin'!

So do yourself a favor and work through these steps. **SPOILER ALERT** ... you may need a ream of paper or a journal to finish these. **And don't forget to write down 3 ways to make this all happen ...**

## ASK YOURSELF THESE QUESTIONS ...

1. What do I want to change about my health?
2. What am I willing to do in order to get what I want?
3. How much work, time, and effort am I willing to put in every day?
4. What makes me come alive?
5. How do I add the greatest value to whatever I do?
6. How will I measure that my life has been well-lived?

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## THEN THESE...

- What do I want to do to make my health/ gut better?
  - Why do I want to do that?
  - Is that true? If not, why do I want to do that?
  - Is that true? If not, why do I want to do that?
- Continue until your answer is YES ...**

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## VISUALIZE ...

### THE ELEMENTS OF A GOOD VISUALIZATION

- *Have a clear idea of what you want (your purpose)*
- *Describe it in great detail (write it out, record it, and play it back)*
- *Start visualizing and feel the feelings (ask yourself ... what would I feel if this was true now ... the reason)*
- *Do it every day (take some time to do this and allow joyful feelings to flow freely)*
- *Persevere (it takes time to create what you want ... don't give up!)*

## YOUR 3 ACTION STEPS!

# 1

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# 2

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# 3

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Rate on a Star 1 to 5  
if this helped you

