



CREATING YOUR WHY

We are here to help you out of your pain. Here are some the things we want you to think about as we are going through this process

1. What is one thing you want to get out of this program? _____
2. Where is your current stress level? Rated 0-10 _____
3. What is your current pain level? Rated 0-10 _____
4. What is your current energy level? Rated 0-10 _____
5. How many medications are you currently taking? _____
6. Is your morning wasted because it hurts so bad to get moving? _____
7. Are you currently able to work? _____
8. What goals do you have for yourself? _____
9. Are there currently fun things you are missing out on? _____
10. Are you ready to commit 100% to this healing process? _____
11. Do you believe you can heal 100%? _____

Take this space and write down what you want. What do you want out of this journey, what do you want the rest of your life to look like? Commit to yourself that you are ready to do what it takes to heal yourself.

We are so excited you have joined our community of healing. We are here to support you through it all. We will have you answer these questions in week 1, week 4, and week 8. These questions will help you create and remember your “why”?



My Why's

