

Setting a Strong Why



When starting on a new journey of self-development it can feel daunting or difficult to stick to and motivate yourself to see it through to the end.

In this case, it can be really helpful to reconnect with your 'why'. Your 'why' is your driving force and it is therefore really important to set a strong 'why' to help you stay focused throughout your journey.

Start by reflecting on what is most important for you in your life. What is motivating you to improve your understanding of the Eat Element and improving your relationship with the foods you use to fuel your body?

Answer the questions below as a starting point:

What are my values?

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What is most important to me?

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What are my priorities?

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What are my goals and aspirations?

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