



# Strength & Vitality

WELLNESS CENTER

Acupuncture, Nutrition & Movement

## Creating your “Big Why” statement

I know that it is important for me to \_\_\_\_\_ because when I consider not being able to \_\_\_\_\_ with/for \_\_\_\_\_, I feel a deep \_\_\_\_\_ in my heart. If I continue to \_\_\_\_\_ I know for sure I will not be able to live \_\_\_\_\_ for/with \_\_\_\_\_. I could tell myself that \_\_\_\_\_ will be okay without me being there to \_\_\_\_\_, \_\_\_\_\_ and to \_\_\_\_\_ with them/ for them. But I know that is not really the truth. My feeling mentally and physically strong and vital will allow me to bring \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ to their lives. In turn this will allow them to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ faster and easier. I would like to give \_\_\_\_\_ as much support, love and guidance as possible so he/she doesn't have to struggle so hard.

So, when it hard for me to \_\_\_\_\_ I will have in front of me \_\_\_\_\_ as a reminder of \_\_\_\_\_ and why I'm going to work through this difficulty until it becomes habit.