

# YOUR *signature* LIFE

## MODULE 1

### LESSON 3

Now that we've covered definitions, what do you do with the information? So many people go to amazing courses and then tell everyone about how awesome their experience was. But the next day, their learnings have vanished! If what they learned is not deliberate and planned out into their lives, it disappears. In this lesson we explore the mentality behind how to actually apply our knowledge, as well as some tools to increase our success.

### YOUR WHY

One of the most important steps you can take toward seeing a change is getting clear on your "why": on the reason(s) you need and do GAF.

You know you've found your why when it feels meaningful to you on an *emotional* level. Knowing your personal mission in taking this course will bring you one giant step closer to fulfilling it.

The reason I GAF is because...

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What is at stake in 6 months, 1 year, and 10 years if I don't GAF?

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**MODULE 1**

**LESSON 3**

What is possible for me in 6 months, 1 year, and 10 years if I stick with it?

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I can do this! I will do this because...

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**LESSON 3**

Write your "Why" in the box below, cut it out and place it somewhere highly visible to you!

**MY WHY**



