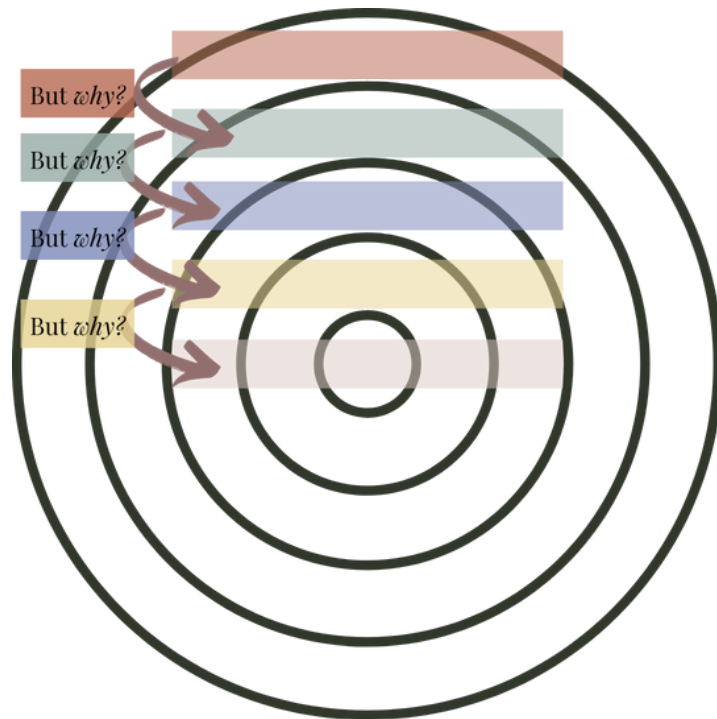




Why? Exercise

INSTRUCTIONS:

Once you have completed the Life Inventory, pick one area of your life to focus on, and simply keep asking yourself "why?" (at least 5-7 times) until you feel like you have reached the core or underlying reason/s.



The situation that I am experiencing as the challenge/difficulty:

But Why?

But Why?

But Why?

But Why?