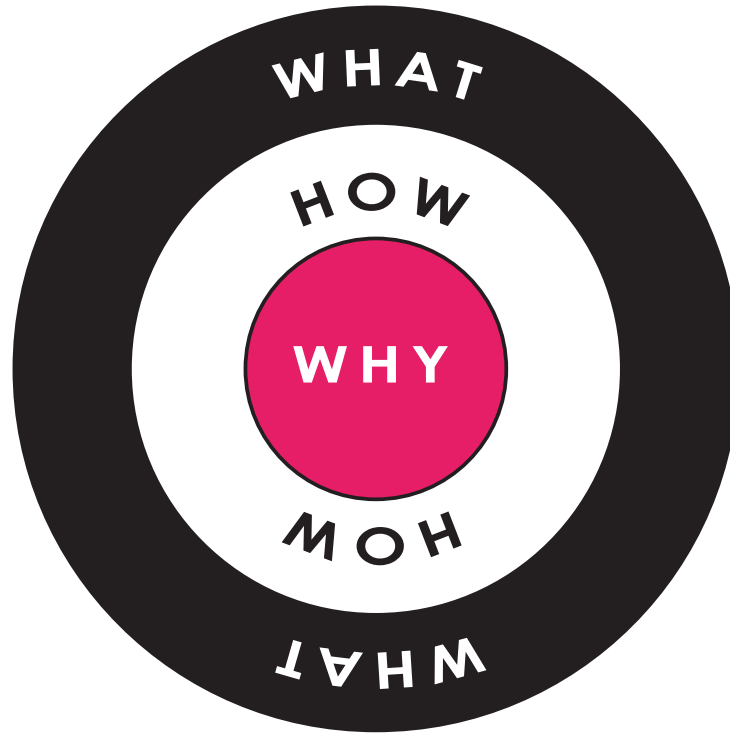


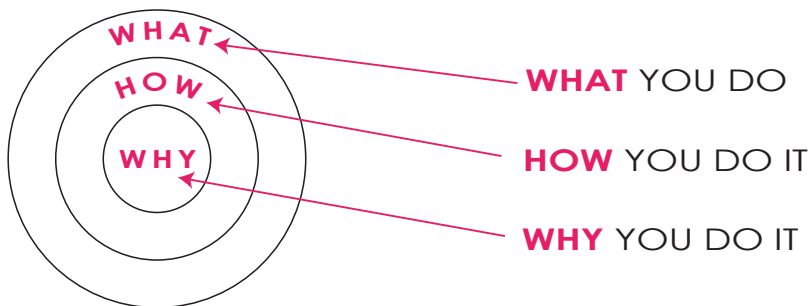
Your **WHY** is your driving force. Think of it as your personal mantra. This mantra is to help guide you through your yoga practice, on and off the mat, especially on the tough days. See below your '**FIND YOUR WHY** 'Step-By-Step Guide.

1

STEP ONE | INTRODUCTION INTO 'THE WHY WHEEL'

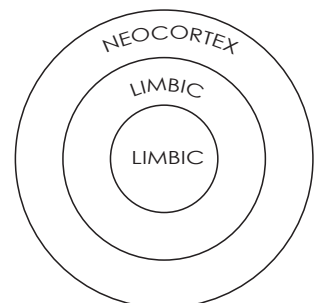


BREAKDOWN OF THE WHY WHEEL:



The outer section of the wheel (**WHAT**) corresponds to the outer section of the brain (Neocortex) which is responsible for analytical thinking and language.

The middle two sections of the wheel (**WHY and HOW**) correspond to the middle section of the brain (Limbic) which is responsible for our behavior, decision-making and our feelings.



2

STEP TWO | UNDERSTANDING 'THE WHY WHEEL'

We connect to our **WHY** through YOGA & MEDITATION. Why? Because yoga is a lifestyle choice and a form of discipline.

Now, ask yourself **WHY** you practice yoga? To be more flexible? To lose weight? To help with anxiety? These are all your **RESULTS** of practicing yoga. Think about your **WHY**.

Here is an example...

Question: '**WHY** do you want to lose weight?'

Answer: 'Because I want to fit into a smaller dress-size'

Question: '**WHY** do you want to fit into a smaller dress-size?'

Answer: 'Because when I'm thinner I'll look better'

Question: '**WHY** do you want to look better?'

Answer: 'Because when I look better, I'll feel stronger'

Question: '**WHY** do you want to feel stronger?'

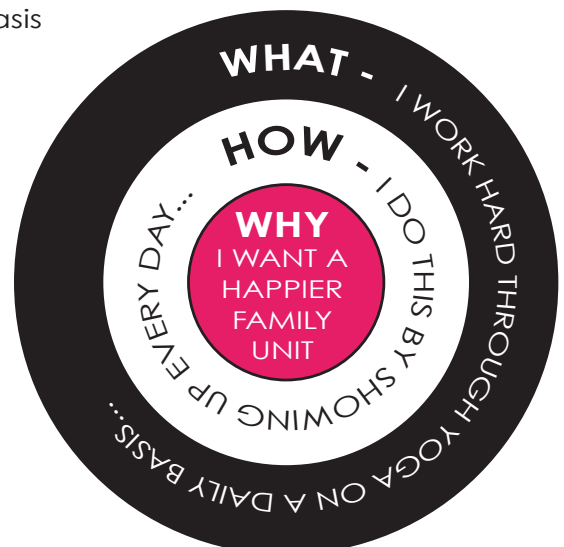
Answer: 'Because when I feel strong, I can accomplish more, raise my vibration and be a better mum and wife, resulting in a happier family unit'

Summary:

WHY: I want a happier family unit

HOW: I do this by showing up every day, working hard

WHAT: I work hard through yoga, on a daily basis



3

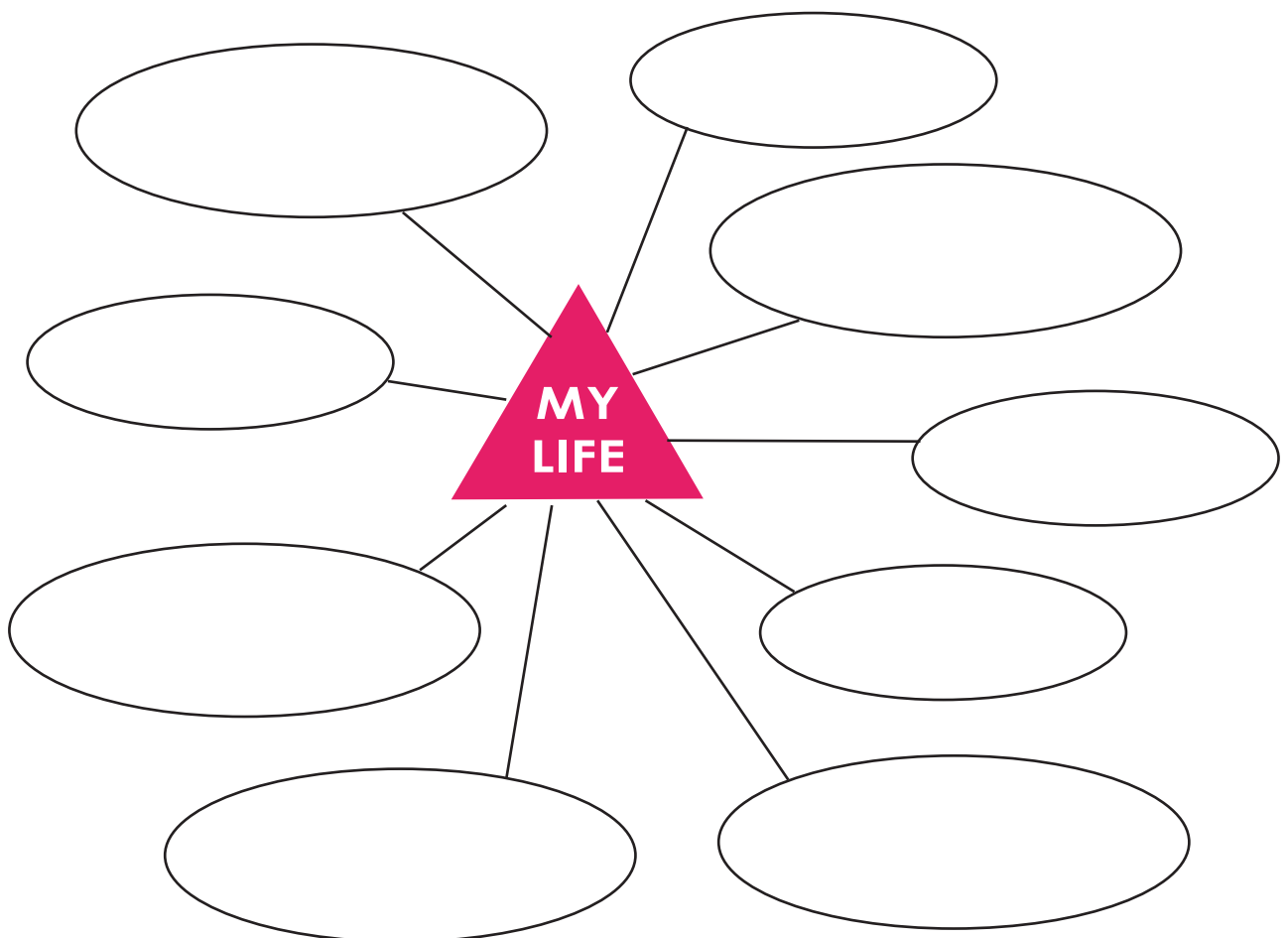
STEP THREE | EXPLORING YOUR WHY

Look at your life and think about what your **WHY** might be. Your **WHY** is the following:

- Your driving force
- Your reason to get up in the morning
- Your passion & love of something
- Your purpose to succeed
- Your connection to something / someone
- Your life

3

Get creative, dig deep, take a time out and connect to ALL the things that resonate with the above, in your life. Write in the below bubbles, anything that makes you smile, touches your heart and what you connect to on a deeper level, in your life.



4

STEP FOUR | FRAMING YOUR WHY

Now that we have a stronger idea of what YOUR **WHY** might be, let's look at personally framing your **WHY**. How do we do this?

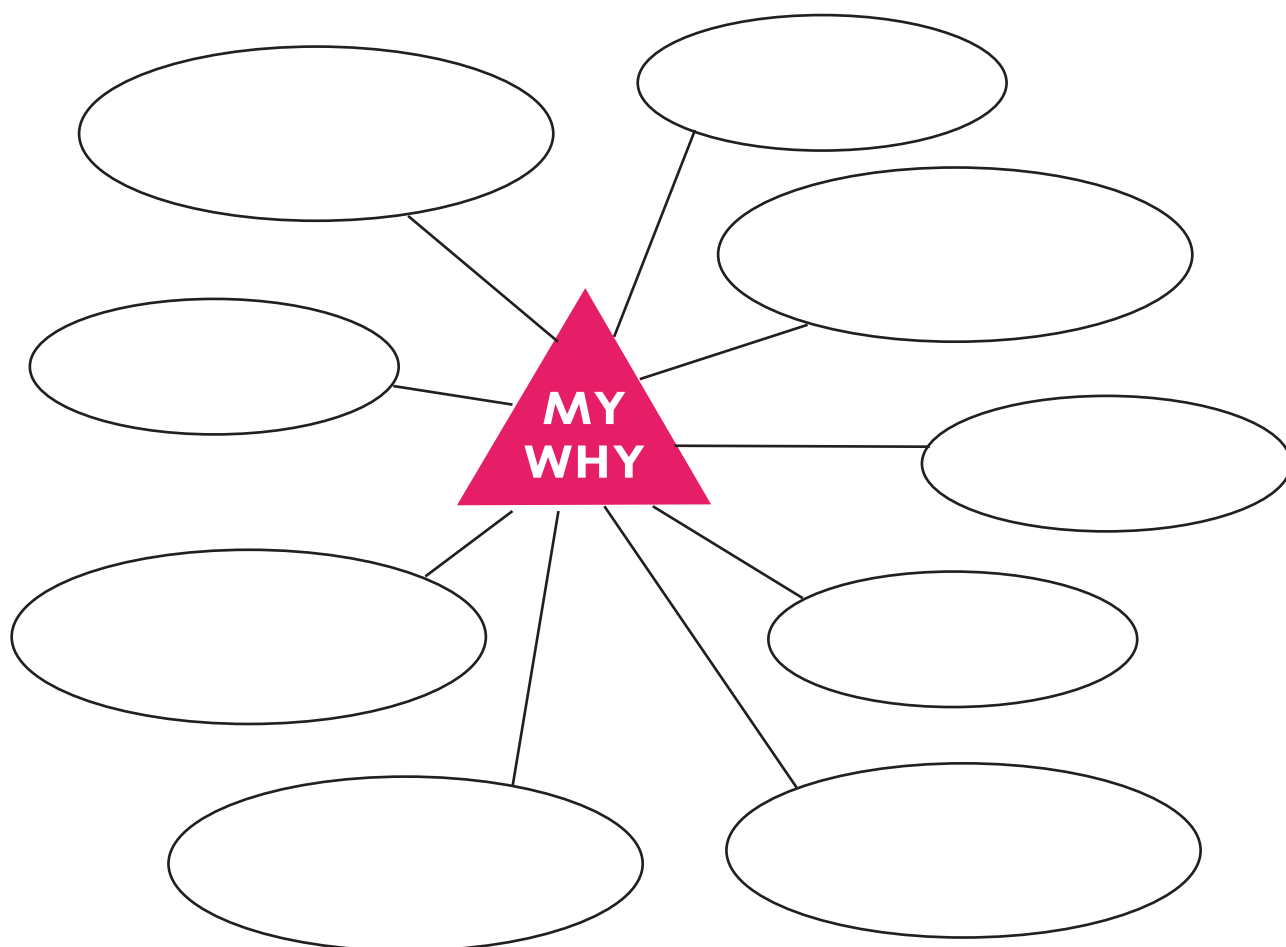
First, let's look at words & emotions - which words come to mind straight away? What do you want more of? What do you want less of? What will make you show up in the world bigger & badder and a NEW YOU?

4

For example:

My **WHY** - ***"I want to feel less anxious."***

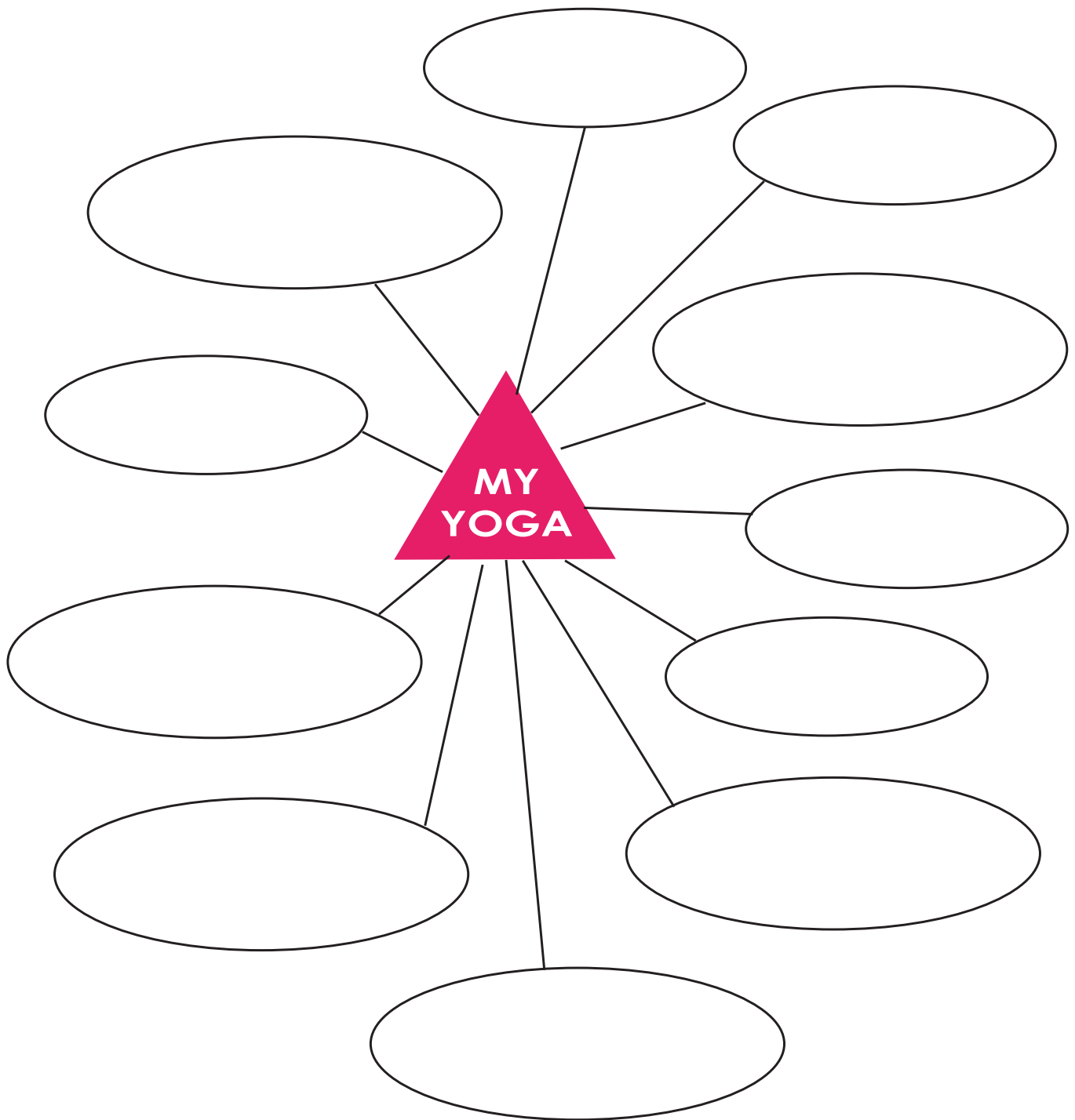
Use the bubbles below to write down all the words which come to mind with the emotion and feeling of anxiety / stress / upset / fear...



5

STEP FIVE | MY REASONS & WHY FOR PRACTICING YOGA

Now that you have found and connected to your key elements in your life, find your reasons for practicing yoga:



6

STEP SIX | REFINE, RE-FRAME & MARRY YOUR WHY

So far, we have looked at your yoga practice and words / emotions which help to describe your life and your **WHY**. Now let's refine your **WHY** and marry your **WHY** with your breath. How do we do this?

Your breath - the inhale and exhale. Think how you breathe during yoga. You want to try and write your **WHY** with the exact words which frame your **WHY** and marry it to your breath.

THINK POSITIVE WORDS, NOT NEGATIVE WORDS.

Using our example **WHY** *"I want to feel less anxious."* - this is a negative **WHY**. We want to flip it into a positive **WHY**. Use the below to refine, re-frame & marry your **WHY** with your breath.

6.0

For example:

My **WHY**: *"I don't want to feel anxious and angry" becomes*

INHALE: *"Feel calm and serenity..."*

EXHALE: *"...When I feel fear and anger"*

6.1

For example:

My **WHY**: *"I don't want to be weak and stressed" becomes*

INHALE: *"Strength in my body..."*

EXHALE: *"...Calm in my mind"*

6.2

My Personal example:

My **WHY**: *'Strong & Confident, on and off the mat!'*

INHALE: *"Strong and confident..."*

EXHALE: *"...On and off the mat"*

6

STEP SIX | REFINE, RE-FRAME & MARRY YOUR WHY

Use the below to explore the best way to refine, re-frame and marry your **WHY** to your breath, ready for when you practice your asana yoga on the mat.

6.3

My **WHY:**

INHALE: _____

EXHALE: _____

6.4

My **WHY:**

INHALE: _____

EXHALE: _____

6.5

My **WHY:**

INHALE: _____

EXHALE: _____

6.6

My **WHY:**

INHALE: _____

EXHALE: _____

7

YOUR WHY MISSION STATEMENT

Following on from the previous Steps, look at your **WHY**, and connect it even more to your yoga practice, to keep you accountable.

We are connecting your **WHY** to your breath, which is great. But how do you face challenges on your mat in your yoga practice? ie. a trickie arm balance / headstand? How do you connect to your **WHY** off the mat in your yoga practice? Your **WHY** needs to be your mantra and mission statement!

For example, for me:

7.0

What is my **WHY** for practicing yoga & meditation?

Yoga makes me stronger mentally & physically. Yoga makes me more confident in all areas of my life, love, work, friendships, relationships. I wake up and push myself outside of my comfort zone so that I can stand proud on my own. HOW do I do it? By pushing myself when fear sets in. WHAT do I do? I do yoga.

My **WHY** Mission Statement:

To be strong and confident on & off the mat!

7.1

What is your **WHY** for practicing yoga & meditation?

Your **WHY** Mission Statement: