

Worksheet: The 5 Whys

For clients

When thinking about starting anything new (like a nutrition or exercise program) an exercise called The “5 Whys” is a great place to start.

The “5 Whys” was a system originally used by the Toyota Motor Corporation. It’s very simple and reveals our deep motivations of why we want something.

When you want to accomplish something, you ask one “why.”

“Why do I want to accomplish this?”

Then, whatever answer you come up with, ask why again. And so on, five times.

As you answer these questions:

- Be honest about your intentions.
- Be curious about what’s beneath the surface.
- Be compassionate with yourself.

Your 5 Whys

1. Why are you doing this challenge?

2. Why do you want to achieve that?

3. And why is that important?

4. And why will that make a difference?

5. And why will that matter?