

The Why Factor

How are you doing – It's the start of a new year, a new decade. Did you make some decisions to create a new you as well. Those pesky resolutions...

Most people tend to start off strong (with good intentions) and then slowly slip back into the old ways.

Well this edition of Scrolls is to help address one potential solution – regardless if the change you want is because of a New Year's resolution, or if you're just sick and tired of being sick and tired.



Let's start here...

It's 2:00 am and a loved one calls. There's an emergency and they need you to come over right away. You rush to help, without hesitation, right? You see, the reason "why" was big enough to get you out of the warm comfort of bed and out into the unknown of the night. The reason for doing it was clear and important... a family member needed your help. Now compare that to if your cousin Leroy were to call at 2:00 am stating he needs \$20.00 for tomorrow's lunch. Would you get up and take it to him right then? My guess is you would hang-up, roll over, and try to get back to that fabulous dream you were just having. Sleep is more important than Leroy's lack of lunch money.

What's the difference – The "Why-Factor" – **What are the reasons you're doing what you're doing.**

What's your "Why-Factor"

Let's say you want to start exercising, or quit smoking, or be a better parent. So you write down *"This year I'm going to _____.* Here is the *secret* to greater success: Write down all of the "why's" - why you want to do (or stop doing) _____.

If you find yourself slipping back into old ways, consider if your "why" is big enough – make it even **bigger** to keep striving forward.



When making goals for yourself, add the **“Why-Factor”** to your list – include how your life will improve as you reach your goal.

The **bigger** your **“Why-Factor”**, the more likely you are to follow thru, change the behavior, and experience the success you seek in your life.

Hey, Genesis Counseling is here to help...If you'd like more info on the “Why-Factor”, how to further your own growth, or to unsubscribe to Scrolls, please email me: dave@genesis-counseling.com

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Thanks for Reading!!!

Dave

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. -Carl Jung