



Helping Women Thrive Through Change

RECONNECT WITH YOUR WHY

Your reason can change without your journey being over

Sometimes momentum disappears because the reason we started no longer feels like the reason we need. That does not mean you have failed. It may simply mean it is time to reconnect.

WHY DID I START?

What made me decide to begin my HNM journey?

WHAT DOES FEELING MY BEST MEAN TO ME NOW?

HAS MY REASON CHANGED?

What matters to me now that perhaps didn't matter when I started?

WHAT DO I WANT TO STRENGTHEN?

Is there a habit, routine or pattern I would like to work on?

MY CURRENT WHY

If I had to put my reason into one sentence today, what would it be?