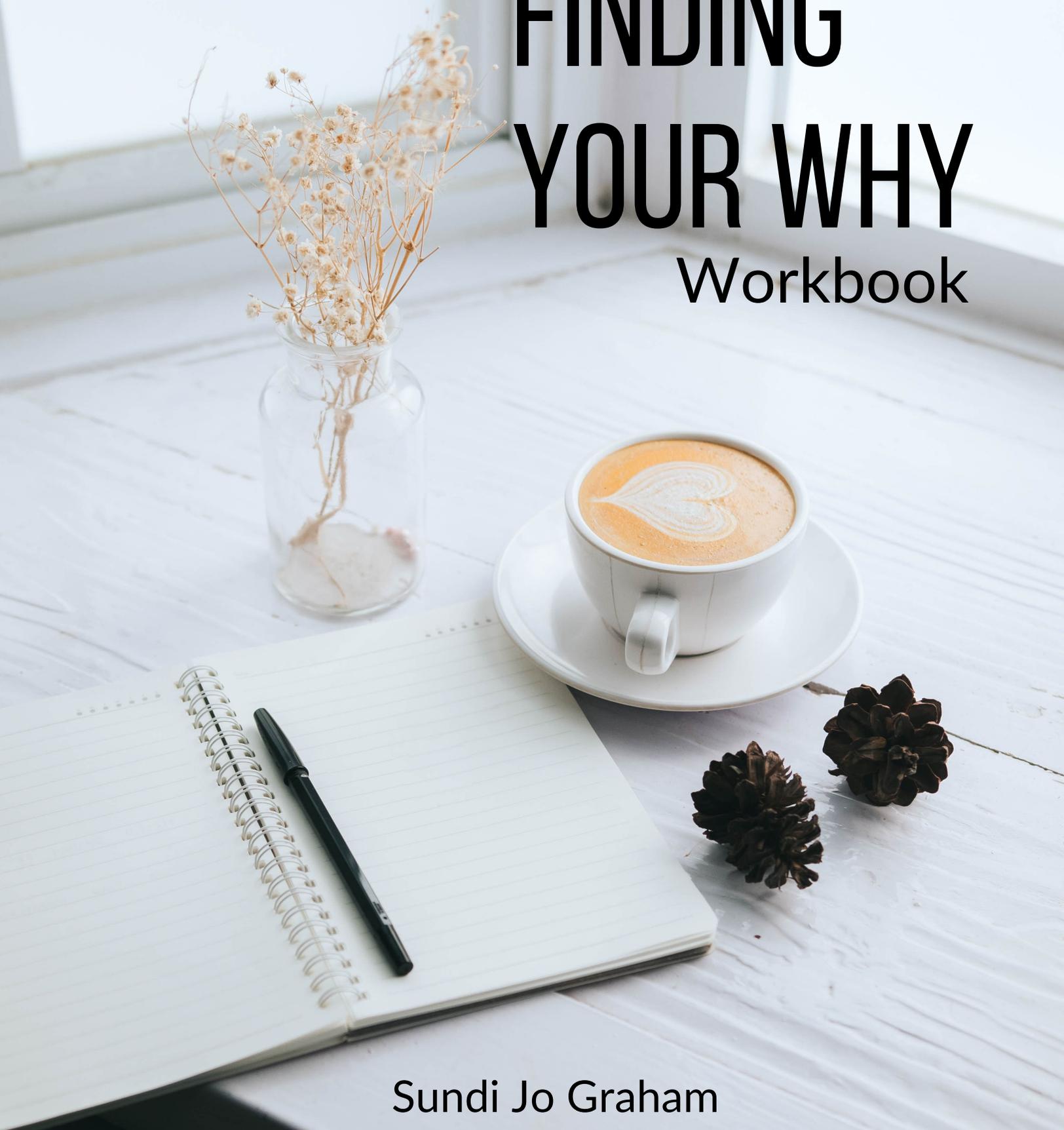


FINDING YOUR WHY

Workbook



Sundi Jo Graham

FINDING YOUR WHY

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WHAT IS YOUR WHY

In the space provided on the next page, start identifying your *why*. Set a timer for 10 minutes and just write. Don't think. Just write. Use the sample questions provided to get you started.

- Why do you want to lose those last 10 lbs.***
- Why do you want to lose those 50 lbs?***
- Why do you want to lose those 100 lbs?***
- Why do you want to fit into that dress you've been holding onto for years?***
- Why do you want to look different?***
- Why do you want to get healthy?***
- Why do you want to go back to school?***
- Why do you want to get that job?***
- Why do you want to get married?***
- Why do you want to save your marriage?***
- Why do you want to be a better mom?***
- Why do you want to stop being a victim of my circumstances?***
- Why do you want to live a better life?***
- Why do you want to be clean and sober?***
- Why do you want to be free?***

Who will benefit from knowing your *why*? What will knowing your *why* offer the world? What freedom will you walk in if you know your *why*?

Never lose sight of these words, my friend...

“You lose your way when you lose your why.”

When you're done, summarize your *why* and keep it somewhere you can see it. Tape it to your mirror. Write it on an index card. Whatever you do, don't tattoo it on your arm, unless that works for you.

When your weight loss journey gets hard and you're struggling to keep going, hold onto your *why*. When your patience is on the verge of breaking and you don't think you can stand one more minute of reality, hold onto your *why*. When you've had a bad day and eaten through your emotions and the devil tells you that you might as well just quit, hold onto your *why*. I believe in you, my friend.

I believe in you.







My Why



READY FOR FREEDOM?

I'm so excited you've found your why, my friend!

I'm praying for you as you focus on taking the next right steps in your health journey.

If you're interested in digging deeper into finding your *why* and overcoming the challenges that get in the way of finding lasting weight loss results, I want to invite you to join my course, [Diet Haters University](#). Enrollment only opens a couple times/year and I don't want you to miss out.

Whether you want to lose 10, 20, 50, or even 100 lbs., the principles I teach in this course work! I know because I've lived them.

Come on over and join us. You'll be glad you did!

And don't miss out on my [Diet Haters Podcast](#), where I provide tons of free content to encourage and inspire women to get on the path to a healthier version of themselves and find lasting freedom.

If you've enjoyed this free pdf, please tell others about it. Invite them to download it at sundijo.com/findyourwhy.



#DIETHATERS

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ABOUT SUNDI JO

Sundi Jo is a Christian Keynote Speaker, sharing the truth of Christ with a dose of laughter. She's passionate about seeing others break free from their bondage so they can find freedom and live the life God called them to live - one full of hope and grace and health.

Sundi Jo teaches women to stop dieting, lose weight, and learn who they are in Christ.

She is the host of the [Diet Haters Podcast](#), creator of the weight loss course, [Diet Haters University](#), and the author of [Dear Dad, Did You Know I Was a Princess?](#)

Sundi Jo has a story filled with gritty redemption and has a deep desire to partner with God to help others climb out of the pit of shame and despair and replace those ashes with beauty.

In 2008, she weighed 330 lbs. and was short on hope with no direction of where her life was headed. She wasn't living life, she was just surviving. But after hitting rock bottom, she turned her life around, lost 145 lbs., and committed herself to helping others find and pursue their passions and God-given dreams.

Sundi Jo has been called a "passionate, versatile, and thought-provoking communicator whose authenticity connects her with audiences in a way few people can."

Her blog was named one of the top 100 Christian Women Blogs. She's been featured as a guest writer for various authors and speakers, including Mary DeMuth and Best-selling author, Jeff Goins.

Brokenness doesn't choose denominations. Whether we've been in the church 50 years or 2 weeks, we all have struggles to overcome. It's Sundi Jo's desire to help believers overcome those struggles and find the true freedom only Christ can offer.

In her free time, Sundi Jo enjoys reading, writing songs, going to the movies, playing Bingo with her awesome grandma, and spending time laughing with friends. She is a fan of flip flops, Dolly Parton, and sushi, not necessarily in that order.



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