# What Is Your Why?

Ask yourself 3–10 "whys" around your goal to see if it *really* matters to you. You will find goals that are meaningful to you and goals that don't matter. Ignore goals that don't matter and pursue ones that are meaningful with singular focus.

Do this exercise as many times as it takes to find a strong enough reason why you **need** to reach your Dream Music Goal… and to figure out the right goal for you.

- I want to *Dream Music Goal*
- "Why do I want to reach *Dream Music Goal*?
- Because I want to *avoid pain/gain pleasure*
- "Why do I want to *avoid pain/gain pleasure*?"
- Because *reason for avoiding pain/gaining pleasure*
- Why is it important for me to *avoid pain/gain pleasure* in this way?

Are there other ways of *avoiding pain/gaining pleasure* that would be less work and as fulfilling? If yes, write these easier ways down.

If there are easier ways of getting to your goal, you might want to consider taking that route, since focus and time are limited.

If you can't find a reason why you should reach a goal, it dœs not matter that much to you. Pick another goal and go through the exercise again.

**I want to:**

**Why do I want to:**

**Because I want to:**

**Why do I want to:**

**Because:**

**Why is it important for me to ____ in this way:**

**Are there other ways of ____ that would be less work and as fulfilling? Is yes, write these easier ways down**

**Easier ways of getting what I want:**

**Write your "Why" in the blank:**

**I want to reach my Dream Music Goal because:**