

21-Days of Intentional Living

MY "BIG FAT WHY"

The brain is wired to satisfy the Motivational Triad: To seek pleasure, avoid pain, and operate in efficiency. Any change we make, we must be motivated by a bigger "why" in order to make a paradigm shift within our brain. Take some time to thoughtfully and prayerfully fill out these four questions that will become your "Big Fat Why," which will help keep you on track when challenges come.

1) What is your overarching, compelling reason for choosing to not drink alcohol?

2) What will you do when obstacles come? What is your plan?

3) Why are you committed to stop overdrinking alcohol?

4) Who will "you" be upon sticking to this commitment to not overdrink?