An inspired life is made up of a daily routine that is inspired by your goals and dreams. Research shows there are two necessary components to achieve any goal.

the Way and the Why

THE WAY

What is the specific plan?

THE WHY

Why is this important to me?

What is the timeline?

Do I need help?

Why do I want to change?

Why now?

Why is my inspired life worth breaking through my current obstacles?

Which area comes more	easily for	me?
-----------------------	------------	-----

Which area is my weakness?

The Way

The Way



The Why

