

What is My Why?

Let's face it. Making change is hard. In a perfect world you could just decide to make change and it would happen. The truth is that both of you live in the real world where you have to deal with jobs, bills, kids, healthy, etc. There are days when you simply don't feel like doing this thing called marriage and that's normal. The thing that differentiates the extraordinary couples from everyone else is what they do when things are tough.

What keeps you going when you want to give up? What motivates you when you are having an "off" day? What makes the long term goal a reality in the short term?

It's your why.

Why are you doing this? Why is it important to you? What impact will making these changes have on your life, on your spouse, on your family? What will be the result of your commitment to making change?

You are the ONLY one who knows.

And there needs to be more than one reason for why you are doing this. If you only have one, or even just a handful of reasons, that's not enough to keep going when things get tough or your spouse calls you out on an old behavior. You need to have 20 or even 50 reasons why this effort matters.

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*He who has a why to live can bear almost any how.
-Friedrich Nietzsche*