

MINDFUL EFFECT, LLC

# Why Game

Questionnaire for Understanding Self

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WHY GAME

Right now there are a few things you can do to change your life from a Survivor of Stress to a Warrior of Life. Yes. *Right now*. Right now there are a few things you can do that gets at the heart of everything. I call it the “Why Game.” Kids are famous for asking “why.” Why this, why that, and more questions of why? You might be thinking: “Why should I do it? Why do I want to do this *game*?”

I’ll tell you why:

***In order to have what you really want, you must first be who you really are...and in order to do that – you must answer these “why” questions...and answer them honestly.***

You already know things can’t stay the same. Something’s got to change....Why am I asking you to answer these questions, *honestly*? Because answering these questions honestly increases your awareness of who you are, what you want, and most importantly why. It’s an understanding of you. And to not begin here – building this foundational understanding – would be to be like any other program out there – and that folks, is totally unacceptable. So, let’s begin...

## Why Game

Why care about stress?

Why care at all?

Why is this so important?

Why now?

Why do I get stressed?

Why does \_\_\_\_\_ bother me?

Why does this person bother me?

Why does this situation bother me?

Why do I do \_\_\_\_\_ to cope?

Why do these tapes play in my head? Why are they there?

Why change?

Why do I want to?