



The 5 Whys Template

Hi Guys!

The 5 Whys template is useful for problem-solving as well as gaining clarity on the true reason you want to achieve your goal. This helps you to find the root cause of your motivation. Focusing on this root cause of motivation will help you sustain your motivation and drive your performance.

For a full explanation on the 5 Whys Template and how you can use it, please see the article “The 5 Whys Template and How You Can Create Sustained Motivation “ on the Start of Happiness at the following link:

<http://www.startofhappiness.com/the-5-whys-template-and-how-you-can-create-sustained-motivation-free-template/>

5 Whys Technique

My Goal:

In each of the fields below ask yourself 'why you want to achieve this' and write your answer. Ask this 5 times to get to your root cause of motivation.

The diagram consists of five empty rectangular boxes with rounded corners, arranged in a descending staircase pattern from top-left to bottom-right. Each box is connected to the one below it by a green arrow pointing downwards and to the right, indicating a sequential flow of questions.

What's my root cause of motivation?

I hope you found this useful!

If you have any questions, feel free to email me directly at brendan@startofhappiness.com or simply leave a comment on The Start of Happiness.

This information is given to you purely for free. All I ask is that if you know someone that can benefit from reading this, can you please send this to them, or let them know about [The Start of Happiness](#). Additionally, you may want to share on [Facebook](#) or [Twitter](#). The more people we have on this planet that are waking up excited each day and living a happy and fulfilling life, the better the world will be.

Remember, you *can* change the WORLD, one smile at a time!

Cheers!

A handwritten signature in blue ink, appearing to read "B. Baker".

Brendan