



1.2 Write Down Your WHY

The difference between those who come out of the valley is in their WHY. Know what motivates you. Take time to reflect on this. Write Down your WHY inside the [Facebook group](#).

A list of Medical Reasons: This is an okay option for starting the keto diet, but will not last. Medical problems rarely motivate enough to sustain the valleys ahead. Think more about what you will miss out on because of these medical problems.

Weight loss

Anti-inflammatory

Seizures

Cancer

Multiple Sclerosis

Fragile Immune System /

Autoimmune problems

Thyroid

Lupus

Crohn's

Inflammatory Bowel

Heart Disease

Irritable Bowel

ADHD

Depression

Anxiety

Infertility

PCOS

Alcoholism

Addiction

Diabetes

High Blood Pressure

Better Skin

ALZHEIMERS

Swollen Ankles

Rotten Sleep