

7 LEVEL DEEP EXERCISE



The 7 Levels Deep Exercise can be used to help determine what really drives you to accomplish anything in life. The following is a sample for you to start with. This is one of the hardest exercises that we have to do to reach that next level. Make sure you think hard before you complete each "why".

Name _____ Date _____

LEVEL 1: What is...important to you about/stopping you from/bothering you about?
ANSWER:

LEVEL 2: Why is it important to you to _____
ANSWER:

LEVEL 3: Why is it important to you to _____
ANSWER:

LEVEL 4: Why is it important to you to _____
ANSWER:

LEVEL 5: Why is it important to you to _____
ANSWER:

LEVEL 6: Why is it important to you to _____
ANSWER:

LEVEL 7: Why is it important to you to _____
ANSWER:
