

7 LEVELS DEEP

Discover the deeper purpose behind what you want

How to use this exercise

Start with your personal definition of success. Then, at each level, ask yourself why your previous answer is important to you. Keep repeating the same question until you reach the deeper reason underneath the reason.

DATE: _____

1

What would success look like in your life?

2

Why is it important for you to _____?

Insert your answer from the previous level into the blank.

3

Why is it important for you to _____?

Insert your answer from the previous level into the blank.

4

Why is it important for you to _____?

Insert your answer from the previous level into the blank.

5

Why is it important for you to _____?

Insert your answer from the previous level into the blank.

6

Why is it important for you to _____?

Insert your answer from the previous level into the blank.

7

Why is it important for you to _____?

Insert your answer from the previous level into the blank.

YOUR BIG WHY

The deeper reason behind your definition of success

7

YOUR BIG WHY

What is the deepest reason behind your definition of success?

IN ONE CLEAR SENTENCE

I want to _____

so that I can _____.