

7 LEVELS DEEP EXERCISE

I first discovered this exercise when consulting with a man named Joe Stump, who used this method with his high-level clients. By going through all seven levels, you'll uncover your true "why," which will be the driving force that allows you to accomplish anything in life.

LEVEL 1

What is important to you about becoming successful?

LEVEL 2

Why is it important for you to _____ ?
Enter your answer from the above box here.

LEVEL 3

Why is it important for you to _____ ?
Enter your answer from the above box here.

LEVEL 4

Why is it important for you to _____ ?
Enter your answer from the above box here.

LEVEL 5

Why is it important for you to _____ ?
Enter your answer from the above box here.

LEVEL 6

Specifically why is it important for you to _____ ?
Enter your answer from the above box here.

LEVEL 7

Why is it important for you to _____ ?
Enter your answer from the above box here.

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LEVEL 1

What is important to you about becoming successful?

Make more money

LEVEL 2

Why is it important for you to make more money ?
Enter your answer from the above box here.

Get out of debt

LEVEL 3

Why is it important for you to get out of debt ?
Enter your answer from the above box here.

Stop working so hard to pay someone else

LEVEL 4

Why is it important for you to stop working so hard... ?
Enter your answer from the above box here.

Because I want to do things in my life with the fruits of my labor

LEVEL 5

Why is it important for you to do things in your life... ?
Enter your answer from the above box here.

To take care of my mother who is widowed and needs help

LEVEL 6

Specifically why is it important for you to take care of your mother ?
Enter your answer from the above box here.

Because she sacrificed everything to send me to college and I want to make sure she is taken care of in her Golden years

LEVEL 7

Why is it important for you to take care of her ?
Enter your answer from the above box here.

Because I want to be in control of my life so I can help those around me (who can't help themselves) know they are precious, worthy and loved.