7 Levels Deep Exercise

This exercise is designed to help you uncover your true “why”—the deep, emotional reason that drives you to succeed. By answering each question sincerely and digging deeper at every level, you will discover the core motivation behind your goals.

LEVEL 1 What is important to you about becoming successful? (Write your answer here.)

LEVEL 2 Why is it important for you to [your answer from Level 1]? (Write your answer here.)

LEVEL 3 Why is it important for you to [your answer from Level 2]? (Write your answer here.)

LEVEL 4 Why is it important for you to [your answer from Level 3]? (Write your answer here.)

LEVEL 5 Why is it important for you to [your answer from Level 4]? (Write your answer here.)

LEVEL 6 Specifically, why is it important for you to [your answer from Level 5]? (Write your answer here.)

LEVEL 7 Why is it important for you to [your answer from Level 6]? (Write your answer here.) By completing this exercise, you’ll gain clarity on your deepest motivation—the true why behind your ambitions. This understanding will fuel your drive and commitment to achieving success.