

# 7 Levels 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 question for you to start with. However, I invite you to create your own question! This is meant to help you figure out your WHY... your driving force for success.

It's crucial that you follow it through to the 7th question-

Find a quiet place and take this seriously. I promise you'll be amazed. If possible, grab a partner to do it with, it will be more powerful this way.

The next QUESTION will be used in response to the previous answer.

Question #1-7

Answer #1-7

Example: Goal/Outcome/Want:

"I want to get organized"

Question #1. "Why do you want to get organized"

Answer: "Because it will make me happy"

Question #2. "Why will getting organized make you happy?"

Answer: "Because when I am organized, I am happy."

Question #3. "Are you only happy when you are organized? And are you only sad when you're not organized?"

Answer: "Well no, but I think it will be what I need to be happy"

Question 4: "Why is it IMPORTANT to you to be happy? Why do you think getting organized will make you happy?"

Ask why it's important to them. Dig deep and allow them to think up their own answer.

This exercise was used from the book: Millionaire Success Habits by Dean Graziosi  
(a must read)

# 7 Levels Deep Exercise

Grab a blank piece of paper or if you're with a partner, consider recording it and simply allow yourself to be present with your thoughts. Take notes from your recording afterwards.

Goal/Outcome/Dream:

Question #1: Why is \_\_\_\_\_ important to you?  
Answer:

Question #2: Why is it important to you to \_\_\_\_\_?  
Answer:

Question #3: Why is it important to you to \_\_\_\_\_?  
Answer:

Question #4: Why is it important to you to \_\_\_\_\_?  
Answer:

Question #5: Why is it important to you to \_\_\_\_\_?  
Answer:

Question #6: Why is it important to you to \_\_\_\_\_?  
Answer:

Question #7: Why is it important to you to \_\_\_\_\_?  
Answer (your WHY):