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 7**
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.
7 Levels Deep Exercise

FOR A SNAPSHOT, REWRITE EACH OF YOUR ANSWERS BELOW.

The last box (level 7) is your big “WHY.”
HERE IS AN EXAMPLE OF HOW THE QUESTIONS WORK.

What is important to you about achieving the ideal you?

**LEVEL 1**
What is important to you about becoming successful?

**LEVEL 2**
Why is it important for you to make more money?

**LEVEL 3**
Why is it important for you to get out of debt?

**LEVEL 4**
Why is it important for you to stop working so hard to pay someone else.

**LEVEL 5**
Why is it important for you to do things in your life with the fruits of your labor.

**LEVEL 7**
Specifically, why is it important for you to take care of...

**LEVEL 7**
Why is it important for you to take care of her...

In summary, what is important to you about becoming successful?

**The Big Why Is:** So you can be in control of your life and help those around you (who can’t help themselves) know they are precious, worthy, and loved.