

Exercise & user guide: 'Your why' - 7 Levels Deep

Included within our Journal is an exercise known as '*7 levels deep*' by Dean Graziosi. The principle behind this exercise is to '*go deeper*' into self-discovery when trying to discover why something is important to you.

For example, imagine you said your goal was '*to lose weight*' and your why was '*to be healthier*.' Although this gives you a surface level answer, going deeper allows you to gain further clarity. This can provide you with valuable drive and motivation.

The Following diagram and space is designed to demonstrate both how the principle works, but to also give you a downloadable resource. You can print this at any point for any goal you are working on.

My Goal:

1 Why is this important to you...

2 Why is this important to you...

3 Why is this important to you...

4

Why is this important to you...

5

Why is this important to you...

6

Why is this important to you...

7

Why is this important to you...

Come back to this resource when you need a little reminder of why you are pursuing your goal!