



A Personal & Professional Development Company

7 Levels Deep Exercise

The 7 Levels Deep exercise is designed to help you determine your true driving force!

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

LEVEL 2: Why is it important to you to _____

LEVEL 3: Why is it important to you to _____

LEVEL 4: Why is it important to you to_____

LEVEL 5: Why is it important to you to_____

LEVEL 6: Why is it important to you to_____

LEVEL 7: Why is it important to you to_____

The answer to Level 7 is your driving force! This is what will fuel your passion and help you overcome obstacles when they come up. In short, it is your WHY!