



7 Levels Deep Exercise

The 7 Levels Deep Exercise is a powerful tool designed to uncover your core motivations for achieving anything in life. Below is a starter question, but you are encouraged to customize your own question to discover your WHY—your fundamental drive for success.

It's essential to carry this exercise through to the seventh question. Find a quiet spot where you can focus and take this process seriously. You're likely to find the results amazing.

If you want, you can involve a partner in the exercise; the experience tends to be more impactful when shared. Each subsequent question should build on the last answer. Here's an example of how to use this worksheet.

Example:

Question #1: Why do you want to start a holistic wellness business?

Answer #1: I want to be my own boss and manage my own time.

Question #2: Why is it important for you to be your own boss and manage your own time?

Answer #2: I feel stuck in my current job, and I want the freedom to make my own decisions and control my schedule.

Question #3: Why do you feel stuck, and why is having freedom so important to you?

Answer #3: I feel like I'm not making a real impact in my current role, and I crave doing work that actually makes a difference in people's lives.

Question #4: Why is making an impact important to you?

Answer #4: I've always felt a strong need to help others, and I believe that improving others' health and wellness can change lives.

Question #5: Why do you believe changing others' lives through health and wellness is the way to make an impact?

Answer #5: Health is something I'm passionate about, and I've seen firsthand in my family how better health can dramatically improve quality of life.

Question #6: Why does your family's experience with health influence your career choice?

Answer #6: My mother struggled with chronic health issues that were improved through holistic practices, which inspired me to learn more and share this with others.

Question #7: Why do you want to share and spread the knowledge of holistic practices that helped your mother?

Answer #7: I want others to have the same opportunity my mother had to heal and improve their lives. It's not just about business; it's personal and deeply meaningful to me to spread wellness.

This exercise was compiled from the book: [Millionaire Success Habits by Dean Graziosi](#) (a must read)



7 Levels Deep Exercise

What is your Goal/Dream?

Level 1

What is important about

.....?

Copy your answer from the box here

Level 2

Why is it important for you to

.....?

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Level 3

Why is it important for you to

.....?

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Level 4

Why is it important for you to

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Level 5

Why is it important for you to

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Level 6

Why is it important for you to

.....?

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Level 7

Why is it important for you to

.....?

Copy your answer from the box here