



# 7 LAYERS DEEP

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 for you to start with. It's a difficult exercise, but it's definitely worth a shot!

Name: \_\_\_\_\_

My health behavior change goal:

\_\_\_\_\_

**Level 1:** What is important to you about living a healthier life?

Answer:

\_\_\_\_\_

\_\_\_\_\_

**Level 2:** Why is it important for you to... \_\_\_\_\_

Answer: Because...

\_\_\_\_\_

\_\_\_\_\_

**Level 3:** Why is it important for you to... \_\_\_\_\_

Answer: Because...

\_\_\_\_\_

\_\_\_\_\_

**Level 4:** Why is it important for you to... \_\_\_\_\_

Answer: Because...

\_\_\_\_\_

\_\_\_\_\_

**Level 5:** Why is it important for you to... \_\_\_\_\_

Answer: Because...

\_\_\_\_\_

\_\_\_\_\_

**Level 6:** Why is it important for you to... \_\_\_\_\_

Answer: Because...

\_\_\_\_\_

\_\_\_\_\_

**Level 7:** Why is it important for you to... \_\_\_\_\_

Answer: Because...

\_\_\_\_\_

\_\_\_\_\_