



How to
Find Your
Why!

THE 7 LEVELS DEEP EXERCISE

www.shariseparviz.com

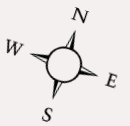
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How to Find your Why

7 LEVELS DEEP

What's your why? What drives you? What is it that keeps you moving forward determined to reach your life's destination each and every day (no matter the roadblocks)?



If you don't know, that's what's stopping you from achieving lasting success.

Knowing your why is the **FIRST** step in achieving your dreams. It's your compass that keeps you heading in the right direction - not veering to the right or left - *but staying on course*.

This exercise literally left me in tears, clutching at my heart, the first time I did it because it **FINALLY dawned on me what I was living my life for**. I hope you have the same eye-opening experience...

Try it now..





7 LEVELS DEEP



Here's a sample of the exercise for you to start with.
This is one of the most important exercises we can do to make sure we reach our next level.
It's to determine that ultimate driving force to accomplish
anything we want in life, in *any* area of life..

Name: Jackie Date: 10/17/2021

Level 1 → What is important to you about becoming successful?

I want to get in shape

Level 2 → Why is it important to you to get in shape?

To have more energy

Level 3 → Why is it important to you to have more energy?

So I can do the things I love

Level 4 → Why is it important to you to do the things you love?

I don't want to waste any more time wishing for things to change

Level 5 → Why is it important to you to not waste any more time?

Life's going by too fast and I want to show my family I can do it

Level 6 → Why is it important to you to show your family you can do it?

I want to make them proud

Level 7 → Why is it important to you to make them proud?

I want to be an example for them. I don't want them to spend their lives making excuses like I've been



7 LEVELS DEEP



Your turn! Get ready to figure out what that **deep-down driving force** is within you that will supercharge you to your dreams and goals! Print out this page and put pen to paper. **Then put it somewhere as a daily reminder.**

Name: _____ Date: _____

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 _____?



What did you discover about yourself? Did you uncover anything surprising? Even if it was a little painful to uncover, that's okay. The past is the past.

You have the power to change your future.

So... what are you going to DO about it *now*?

I'm challenging you to take that next step with the clarity you've just gained because you'll be amazed at what you can accomplish when you know what drives you.

HERE'S A FEW MORE WAYS TO **KEEP THRIVING AND GROWING...**



If you're ready to conquer your fears, take bold action on your goals, live the life of your dreams AND build a legacy you can be proud of, check out my Lights! Camera! Action Program

[Check it out!](#)



The way to **your Health Freedom!** My Holistic Wellness Program that incorporates physical, spiritual, and mental nutrition to help you **transform and liberate your health and life!**

[Learn more!](#)



Get the **support and guidance you need** to reach your goals with my my Monthly Group coaching program!

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Sharise Parviz



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