



Discover Your *Why!*

SO YOU CAN

LIVE FREE - LEAD BOLDLY - LEAVE A LEGACY

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How to Find your Why

7 LEVELS DEEP EXERCISE



What's your why? What drives you? Beyond the superficial desire of wanting to just look good or impress others... I mean, what's that deep-down reason that keeps you moving forward - determined to reach your life's destination each and every day, no matter the obstacles?

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

Knowing your why is the **FIRST** step in achieving your dreams. It's your compass that keeps you on course when everything else tries to pull you off track.

I remember the day I did this exercise. I was sitting on my bed surrounded by decades' worth of journals that reflected the many times I gave up on myself. I was overweight and overwhelmed, relationships broken, marriage a mess, career taking a nosedive, and feeling spiritually dead inside. I was living an unlived life.

But when I did this exercise, for the first time in 25 years, my spirit came alive - **I finally knew what I was living my life for!** That moment broke me. It literally left me in tears, clutching at my heart, because that's when God lit a holy fire within me that gave me the faith and determination to walk boldly into the life and purpose He created me for.

I know this exercise can do the same for you, so give it a try - pray for the Holy Spirit's guidance, then be bold, go deep, and be ready for an awakening.

7 LEVELS DEEP *Exercise*

Here's an example from my own journey to help you get started. Remember, this is one of the most important exercises we can do to make sure we reach our God-given design. So take your time - it doesn't have to be completed in one sitting. Ask the questions, ponder the answers, and pray until you feel your spirit soar with that powerful cry: "That's It! This is the reason I'm fighting for!"

Name: Sharise Date: 5/28/2021

Level 1 → Why is it important to you to (state your goal) lose weight & get in shape ?
I want to feel strong and energetic.

Level 2 → Why is it important to you to feel strong and energetic ?
So I can do the things I love.

Level 3 → Why is it important to you to do the things you love ?
So I don't waste any more time wishing for things to change.

Level 4 → 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 finally do it.

Level 5 → Why is it important to you to show your family you can do it ?
I want to make them proud.

Level 6 → Why is it important to you to make your family proud ?
So they will look to me as an example of what's possible.

Level 7 → Why is it important to you to be an example of what's possible?

So they will live their lives free from the generational bondage that has clung to my family, and remember me with love and honor - as the woman who broke the chains!



7 LEVELS DEEP *Exercise*

Get ready to discover that **deep-down driving force** inside you - the one that will empower you to move toward your dreams and goals no matter what obstacles come against you.

Whether it's the enemy, the world, or even yourself trying to hold you back, this Greater Why will keep you anchored to your path and true to God's calling for your life.

Print out this page, put pen to paper, and then **place it somewhere visible as a daily reminder.**

Name: _____ Date: _____

Level 1 → Why is it important to you to *(state your goal)* _____?

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 God reveal anything surprising? Even if it was a little painful to uncover, that's okay. The past is the past and with God, all things - including you - are made new.

So here's the real question: Now armed with a new clarity and vision, will you choose to stay stuck, living the same unlived life I once lived... or will you forget what is behind and strain forward to the glorious life ahead?

If you're ready to take the clarity you just gained and press forward into your new life and your new identity in Christ - becoming the Leading Lady God designed you to be - then I invite you to join me in the **Leading Lady Experience**.

This is where I ignite you to heal Body, Soul, and Spirit so you can **Live Free, Lead Boldly, and Leave a Legacy that inspires generations to come!**



[Learn More!](#)

Because
You Leave the Legacy You Live
**and that life begins with the
decision you make today.**

Sharise Parviz



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