

7 LEVELS DEEP

The 7 Levels Deep exercise will help determine why you believe what you believe. First, choose an idea you have that you believe to be true. Answer the question and then ask “Why do I believe this...” about your answer. Repeat the “Why do I believe this...” question until you get to the root of what you believe to be true.

LEVEL 1: I believe... _____

WHY: _____

LEVEL 2: Why I believe... _____

ANSWER: _____

LEVEL 3: Why I believe... _____

ANSWER: _____

LEVEL 4: Why I believe... _____

ANSWER: _____

LEVEL 5: Why I believe... _____

ANSWER: _____

LEVEL 6: Why I believe... _____

ANSWER: _____

LEVEL 7: Why I believe... _____

ANSWER: _____
