

EXERCISE

CHAPTER 7

“Layers of Why” Exercise

For the next week, I challenge you to look deeply at your Importance Levels and dive into the ‘Layers of Why’ exercise.

Use these worksheets to journal your findings, peeling back the layers to get to the root of your Importance. Pay attention to the small, big, and MASSIVE things, and take it as deep as you feel comfortable.



Come into the FB group to share an example to provide support and clarity to others challenged by this exercise.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



