

TOOL: 7 Levels Deep + Visualization

Knowing your WHY will help you determine the driving force for all that you do. Understanding where this drive comes from will help you push through your limiting beliefs and create the life of your dreams.

Instructions: Decide what it is you want to do (see examples below) and write that down in level 1 along with WHY you want to do this. Now write your WHY from level 1 to complete the question in level 2. Answer it below. Repeat this for all 7 levels.

Level 1: Why do you want to (heal; create a new story; turn your pain into purpose; make a difference in the world → fill in the blank) _____?

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 _____?

Babe, THIS is WHY your healing matters. Sit with that for a minute.

Now find a quiet, cozy spot where you can relax. Seated or lying down is fine. It's time to dig in a little deeper so we can imprint this big, juicy WHY into your body. Close your eyes and visualize what freedom tastes like... looks like... feels like... sounds like...

What's coming up for you?

If there are any negative thoughts trying to find their way in, practice reframing them below:

This will be fuel to your fire when we create a new story so keep this exercise handy!

Interested in working with Sheree? Follow her on Instagram [@shereetrask](#) and learn more about her 90-day program here: <https://courage.shereetrask.com/welcome>. Not a survivor? She's got a program for you too! Contact her for more info.