

# ALCHEMY GODDESS

7 LEVELS DEEP

*Find Your Why*

This is one of the most important exercises we can do to make sure that we reach our health & fat loss goals.

It's to determine the ultimate driving force to accomplish anything in life.

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**LEVEL 1:** What is important to you about losing weight?

**LEVEL 2:** Why is it important to you?

**LEVEL 3:** Why is it important to you?

**LEVEL 4:** Why is it important to you?

**LEVEL 5:** Why is it important to you?

**LEVEL 6:** Why is it important to you?

 **LEVEL 7:** Why is it important to you?

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## EXAMPLE

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**LEVEL 1:** What is important to you about losing weight?

**Answer:** *So I can wear the clothes I want*

**LEVEL 2:** Why is it important to you?

**A:** *So I can wear what I like and not have to wear oversized clothes all the time*

**LEVEL 3:** Why is it important to you?

**A:** *Because I'm embarrassed about how I look and I don't want to feel like that anymore*

**LEVEL 4:** Why is it important to you?

**A:** *Because I want to spend more time with my kids, and go out and do stuff with them and not have to worry about how I look all the time.*

**LEVEL 5:** Why is it important to you?

**A:** *Because I know my kids are embarrassed by me, and they shouldn't be. I want them to be proud of me. I want to be proud of myself.*

**LEVEL 6:** Why is it important to you?

**A:** *Because I don't want to have anxiety picking them up from school in front of the other mums anymore.*

**LEVEL 7:** Why is it important to you?

**A:** *Because my daughter gets bullied and teased at school about me being big and the same thing used to happen to me when I was her age. It was devastating for me growing up, and my mum too.*