

Going Deeper Framework

1. Ask a “Why” question about a specific task in your life that is difficult to accomplish or seems like it lacks purpose.
 - a. EXAMPLE: Why do I move(walk, exercise, pick things up)?
2. Answer the question as bluntly and truthfully as possible for yourself.
 - a. EXAMPLE: I move because I have to do it for my job. I move because I need to take care of my kids before they scream bloody murder. I move because it's supposed to be good for me (it IS good for you by the way).
3. Ask another “Why” question again based on your answer.
 - a. EXAMPLE: Why do I need to move for my job? Why do I need to take care of the kids? Why do I need to do things that are good for me? (If this seems a little ridiculous to ask, you are exactly where you need to be!)
4. Answer this question again as bluntly and truthfully as possible
 - a. EXAMPLE: I need the money from my job. I want my kids to not hurt each other and I want to take care of them. I want to live a better life with less pain and suffering. (Now we are getting a little deeper)
5. Repeat steps 3 and 4 AT LEAST three more times each.
 - a. EXAMPLE:
 - i. Why do I need money?
 - ii. To take care of my family and myself.
 - iii. Why do I need to take care of my family myself?
 - iv. It makes me happy. I feel it is my duty. I love them.
 - v. Why do I want to be happy? Why do I want love? (these are the really hard questions to answer)
 - vi. Because I feel free and in control when I am loved. I feel confident when I am happy.
6. Once you have gotten to these core values such as LOVE, HAPPINESS, and FREEDOM, you can push deeper still and find why you are seeking those particular things and what events in your life may have pushed you to think of these specific core values for yourself. If, on the other hand, you are ready to

resurface from your dive, take a moment to note how each question and answer you gave previously is supported by the core value you found.

- a. EXAMPLE: I am happy to take care of my family. Money makes me happier (maybe not fully happy, but happier). Providing for myself and my family by working at my job makes me happy. I move because it makes me happy in the long term.
7. Now that you know your core values, see how you can apply them throughout your day to fill it with LOVE, HAPPINESS, GRATITUDE, FREEDOM, and ANY other core values you come up with for yourself. These are examples, not hard and fast rules.

Take the time to do this bit of work on yourself so you can support the future modules to come. I am proud of you for starting this journey. Once you have taken the deep dive yourself, you will be proud as well.