**7 LEVEL DEEP EXERCISE**

The 7 Levels Deep Exercise can be used to help determine what really drives you to accomplish anything in life. The following is a sample for you to start with. This is one of the hardest exercises that we have to do to reach that next level.

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LEVEL 1: **What is important to you about healing through art?** ANSWER:

It provides a gentle container where I can learn about myself and intergrate life lessons.

LEVEL 2: **Why is it important to you to *have a gentle container to learn about yourself and integrate?***

ANSWER:

It gives me a deeper sense of awareness and compassion for myself and is a easier place to reflect on hard lessons.

LEVEL 3: **Why is it important to you to *have a deeper sense of awareness and compassion for yourself and learn these hard lessons***

ANSWER:

I feel like if I can maintain deeper levels of awareness I am less likely to be hurt, physically, emotionally and spiritually.

LEVEL 4: **Why is it important *not get hurt physically, emotionally, and spiritually?***

ANSWER:

Because I’ve seen how this can make me shut down and become very angry and distrusting of others.

LEVEL 5: **Why is it important to you to *not shut down and be angry and distrusting.***

ANSWER**:**

It’s a miserable way to live. Life feels hopeless and dull and empty in that space. I don’t want to be miserable.

LEVEL 6: **Why is it important to you to not be miserable?**

ANSWER:

I’ve seen how it effects those around me when I shut down like this. I spent a good chunk of my life being miserable and I feel like I’m ready to experience the other side. I want to impact people in positive ways and uplift them.

LEVEL 7: **Why is it important to you experience *happiness* *impact people in a positive way and uplift them.***

ANSWER:

Because that’s what I wanted from others growing up. I wanted my mom to be there for me, I wanted encouragement from my family, I just wanted love. And now I want to be that for others and myself. It feels healing to me and makes my life feel meaningful. Like I don’t have to suffer and it’s actually a service to humanity if I allow myself to step into happiness. I think overall it affects everyone. AND it FEELS SO GOOD!

 