

THE EIGHT LEVELS OF INTENTION

Find your Why

Your Why is your reason at each level of life: the people, beliefs or things that make that area matter to you. It comes first. Your Tick, your Core Values, your Code and your Purpose all build on it.

- 1 Take one level at a time.** Each level has two pages. Find a quiet half hour and a pen. You don't need to finish in one sitting.
- 2 Answer the questions that speak to you.** Skip any that don't. There are no right answers, only honest ones.
- 3 Notice what matters most.** Underline the words and ideas that keep coming back.
- 4 Write your Why.** At the end of each level, finish "My Why is..." with your reason: who or what this level is for. Then add how you want to show up for it.

What a Why sounds like

Start with your reason, in a few words: who or what this level is for. Then, if you like, add how you want to show up for that reason.

AN EXAMPLE

My Why is my family and friends. I want to be the friend and parent those people can count on, so they all feel known, safe, and welcome.

- | | |
|-------------------------------|-------------------------------|
| 1 Mental and Emotional | 2 Physical |
| 3 Familial and Social | 4 Career and Financial |
| 5 Intellectual | 6 Spiritual |
| 7 Recreational | 8 Philanthropical |



LEVEL 1 OF 8

Mental and Emotional

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Imagine your ideal mental health state. How would others describe you in this state? Finish this sentence related to mental health: "I want to be a person who..."

I want to be a person who...

- 2 When are you in your mental and emotional happy place?

- 3 With whom do you discuss your mental health goals? In what ways do they help you build emotional resilience?

- 4 Who do you admire for their mental presence? What are their strengths? What are your mental and emotional strengths?



LEVEL 1 OF 8 · MENTAL AND EMOTIONAL, CONTINUED

- 5 Sometimes difficult things you put off are the things that would strengthen you the most. What areas of mental and emotional health do you need to make a higher priority?

- 6 How does self-care and time for yourself strengthen your mental health?

- 7 Imagine you achieved your optimal mental health, what would you set out to do with your life with newfound mental clarity?

MY MENTAL AND EMOTIONAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 2 OF 8

Physical

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Imagine yourself in your optimal physical condition inside and out. How would others describe you? Complete this sentence:
"I want to be a person who..."

I want to be a person who...

- 2 What physical activities or moments make you feel at your best?

- 3 Who do you admire for their physical health? What are their physical strengths? What are your physical strengths?

- 4 What can you do to bring more balance to your physical health efforts?



LEVEL 2 OF 8 · PHYSICAL, CONTINUED

- 5 Which aspects of physical health matter most between physical shape, personal health, or performance in activities? Does your time spent in each area match your answer?

- 6 If there was a physical challenge that you were guaranteed to be successful in, what would you do?

- 7 What is your most important future contribution to the people you care most about in life? How could your physical health help you make this contribution?

MY PHYSICAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 3 OF 8

Familial and Social

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Imagine attending your own funeral, happy to see a large crowd of people for whom you care deeply. Complete this sentence: "I want to be a person who..."

I want to be a person who...

- 2 What do you love to do socially? Fill in the blank: "In regard to relationships, I am passionate about..."

In regard to relationships, I am passionate about...

- 3 Who do you admire for their relationship-building qualities? What are their strengths? What are your social gifts?

- 4 Which relationship means the most to you? Are you or this other person investing more in the relationship? What needs to change in you so this relationship is further enriched?



LEVEL 3 OF 8 · FAMILIAL AND SOCIAL, CONTINUED

- 5 Do your friendships build you up or break you down? What needs to change so that you invest your time in the right social circles?

- 6 Do you feel more inclined to invest in familial or non-familial relationships? If you were to change your answer, how do you feel that would affect your life?

- 7 Sometimes difficult things you put off are the things that would strengthen you the most. What areas of improving your relationships do you need to make a higher priority?

MY FAMILIAL AND SOCIAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 4 OF 8

Career and Financial

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Imagine yourself 100% debt free with total financial freedom. Complete this sentence: "I want to design my career in such a way that..."

I want to design my career in such a way that...

- 2 What do you love to do in your career, and where do you feel most confident and satisfied?

- 3 When are you at your best at work? Are you alone or with people? Is your performance affected by your preparation? "I perform best when..."

I perform best when...

- 4 Who do you admire professionally? How would you describe their attributes?



LEVEL 4 OF 8 · CAREER AND FINANCIAL, CONTINUED

- 5 What is your most important future contribution, and how would you redesign your career to ensure you maintain key relationships while achieving your goals?

- 6 If you had endless resources and time and were guaranteed success, what would you do?

- 7 What can you do to bring more balance to your career and financial efforts?

MY CAREER AND FINANCIAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 5 OF 8

Intellectual

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Imagine having gained the respect of all your peers for an intellectual research project, are you driven more by personal satisfaction or public validation?

- 2 What was your favorite subject in school? How have you fed that interest recently?

- 3 In what areas related to your intellect do you feel most confident and satisfied? What are your intellectual gifts?

- 4 When do you learn best? Are you alone or with people? Is your learning affected by your effort and focus? "I learn best when..."

I learn best when...



LEVEL 5 OF 8 · INTELLECTUAL, CONTINUED

5 Who do you admire intellectually? How would you describe their attributes or approach to gaining knowledge?

6 If you had all the intellectual prowess to solve any large problem and were guaranteed success, what would you work on?

7 Sometimes difficult things you put off are the things that would strengthen you most. What areas intellectually do you need to make a higher priority?

MY INTELLECTUAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 6 OF 8

Spiritual

Picture yourself at your best in this area of life, then answer what speaks to you.

1 Describe what you are trying to become spiritually, for whom, and what outcome you are expecting?

2 In what areas of spirituality do you feel most confident and fulfilled? What are your spiritual gifts?

3 What spiritual practices bring you the most peace, and when do you feel spiritually fulfilled?

4 Whether religious or meditational, where do you look for spiritual direction in life? How do you slow down to find and feed your true self?



LEVEL 6 OF 8 · SPIRITUAL, CONTINUED

- 5 What is your most important future contribution to the people you care most about in life? How could your spiritual efforts help you make this contribution?

- 6 Who do you admire spiritually? How would you describe their attributes or approach to spirituality?

- 7 What can you do to bring more balance to your spiritual life?

MY SPIRITUAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 7 OF 8

Recreational

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Describe how you want to use your free time, with whom, and when you feel most fulfilled in recreation.

- 2 What recreational activities make you lose track of time? Fill in the blank: "I am passionate about..."

I am passionate about...

- 3 If you had endless resources and time and could be anywhere doing anything, what would you do recreationally?

- 4 What is your most important future contribution to the people you care most about in life? How could your recreational activities help you make this contribution?



LEVEL 7 OF 8 · RECREATIONAL, CONTINUED

5 What are the top recreational activities on your bucket list? Which would you regret the most if you never did?

6 How important are the people you involve in your recreation in making this aspect of your life fulfilling? How would you feel if you only did recreation alone?

7 What is keeping you from recreational activities you love the most? What can you do today to unlock more access to recreate at the right level for you?

MY RECREATIONAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____



LEVEL 8 OF 8

Philanthropical

Picture yourself at your best in this area of life, then answer what speaks to you.

- 1 Imagine yourself at your retirement party having carried out a highly philanthropical career. How would others describe you? Complete this sentence: "I want to be a person who..."

I want to be a person who...

- 2 Which causes are you most passionate about, and how do your skills qualify you to support them?

- 3 If you had endless time and resources and were guaranteed to successfully solve a large problem or issue, what would you do?

- 4 What preparation could you carry out to best prepare you to make the biggest impact toward your preferred cause?



LEVEL 8 OF 8 · PHILANTHROPICAL, CONTINUED

- 5 Who do you admire that has left a legacy by making a meaningful difference in pursuit of a cause? How would you describe their attributes?

- 6 Most people have full plates. What could you say no to that would open up time for more philanthropy?

- 7 What is your most important future contribution to the people you care most about in life?

MY PHILANTHROPICAL WHY

Your reason at this level: who or what it is for. Then how you want to show up for it.

My Why is _____

ALL EIGHT TOGETHER

My Whys

Copy your Why from each level here. Read them together. These are the reasons behind everything that comes next.

1 Mental and Emotional

2 Physical

3 Familial and Social

4 Career and Financial

5 Intellectual

6 Spiritual

7 Recreational

8 Philanthropical

What's next

With your Whys in place, find your Tick at each level: the activity that fuels your Why. The Find your Tick worksheet picks up from here, and The Point, the book, walks you through every step.

**Prefer a guide?**

The Point - Life Planner app talks you through your Why at each level, and your first Why is free. On iPhone and on the web at app.thepointventure.com.