



The 8 Layers of Why Worksheet

Instructions:

Start with a goal, feeling, or desire you have. Then, ask yourself “*Why is this important to me?*” eight times in sequence. Each answer becomes the foundation for the next “why.” By the end, you’ll uncover the deeper motivations, fears, or values driving your experience.

Step 1: Identify the Focus

Write down a goal, behavior, or emotion you want to explore (e.g., “I want to succeed in my career” / “I feel jealous” / “I want to run a triathlon”).

My starting point: _____

Step 2: Ask the 8 Layers of Why

1. Why is this important to me?

Answer:

2. Why is *that* important to me?

3. Why is *that* important to me?

4. Why is *that* important to me?

5. Why is *that* important to me?

6. Why is *that* important to me?

7. Why is *that* important to me?

8. Why is *that* important to me?



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Step 3: Reflection

- What deeper value or need did I discover at the end?
- How does this awareness change how I see my goal or emotion?
- What's one action I can take based on this insight?