

The Seven Levels Deep Exercise

I think it's crucial that you go through this process with someone else, though it can work if you do it on your own, it's much more effective when you have a partner. Because you're familiar with the exercise, you go first—lead them through the seven "whys." Then take your turn. Find a partner who will take the exercise seriously and is willing to write down what you share. Start the exercise by simply asking why you are reading a book like *Millionaire Success Habits*. The initial question gets the party started. Then proceed to ask the seven "why" questions in the sequence I've suggested, with the previous answer restated each time.