

# Improve Your Habits - Improve Your Success

## **Have a Reason Why You Want To Achieve and Revisit It Often**

Why do you want to succeed? Is there something that drives you?

Many people will answer, “money.” I have to say, that’s really not enough. Yes, money is great to have and it can make your life a whole lot easier. But, you can’t take your money with you and it’s not a life’s purpose. It’s a means to an end—a means to living the life you really want. So, what is that life?

Maybe you’re tired of living the life you’re living right now. You want to get out of debt, save up for your children, fund your retirement, and everything else. Maybe you want to volunteer your time or have enough money to donate to organizations that mean a lot to you.

Take the time to brainstorm and think about what your answer to this question is— what’s your Reason Why?

If you’re clear on that, you’ll be a lot more motivated and it will be so much easier for you to develop positive, powerful habits for your business that will help you earn more and do more.

## **Focus on This a Lot in the Beginning**

The best thing you can do in the beginning when you're trying to change a habit is to focus on it a lot in the beginning. When it becomes an actual habit, you won't have to spend that kind of mental energy on it. But for now, you do.

If you don't spend a lot of mental and physical energy on changing a habit in the beginning, then you'll quickly forget about it. That's exactly why habit change can be so difficult. You start out really excited about developing a new habit or changing a past habit. You think everything will be fine and that you'll suddenly adopt this new habit because you want it so badly.

But then you look back in a month or two and realize that you didn't adopt that habit after all – even though you really wanted to because you knew it could change your life and really help you achieve your goals. You cringe when you think about all the changes you intended to make over the course of a year but didn't. What happened?

It's most likely the case that you didn't have enough focus on changing the habit or habits. You didn't put your mental energy and your physical energy into making that habit become a reality. So, you forgot about it.

It makes sense. There are a lot of other things going on in your life. It might be the case that you're trying to adopt and change many habits at one time. Again, you can only do so much at once. There are only so many places you can put your focus. So even though I'm presenting a lot of different ideas to you today, it's up to you to pick and choose and figure out what's best for you.

I urge you to focus only on your most important habit or habits for now. There will be plenty of time – your whole life in fact – to introduce additional habits and to change or remove other habits. For now you need to put all of your energy into changing the most important habits so you can see some real changes.

It doesn't matter what's happened in the past—this is a whole new way of doing things that's going to work great for you.

### **Layering Habits Works to Change You in Many Positive Ways**

Even though you're putting your focus on one or a few major habits for now, you can layer your habits to make major changes over time. Yes, you can only focus on so much at first. But that doesn't mean that's how it has to be forever.

Focus on a few very important habits this month and then next month you can focus on new ones. Layer your habits and it'll be easier for you to adopt new, better habits.

The more successful you are at changing your habits, the more money you'll see start to pour into your business. Once you start to see more money, it will be easier for you to focus and achieve.

Keep in mind that habit change is something you'll have to work hard on. This isn't something that will just happen automatically. Work hard, layer your habits, focus on the few most important habits, and realize that it might be difficult in the beginning, but it will pay off in big ways. Changing your habits and adopting new, more profitable habits is what can change your financial future forever.

Very successful people aren't any better or smarter than you. They're more successful and more profitable simply because they have better work habits, mindset habits, and habits of profitability. That's what you're striving for and that's what you can achieve.

### **It Gets Easier over Time**

The good news is that it really does get easier over time. You have to put a lot of focus, energy, and attention on habit change in the beginning. But then it becomes like second nature, and after all, a habit can be defined as something that's second nature.

That's how you developed the current habits you have in the first place. Whether you were conscious of it or not, you repeated a pattern over and over again until it sort of became who you are. That doesn't mean you can't change those habits and adopt new ones – you absolutely can.

The more energy and focus you put on changing a habit in the beginning, the easier it gets over time. You'll look back months from now and realize that you've made some powerful, positive changes and that your life and business just flow so much more easily now.

Anything worth having is challenging in the beginning. Though it might be hard for you to change your habits at the start of things, I promise it will get a lot easier.

### **Habit Change Can Take a Month... Or More**

One thing many people don't realize is that it can take a month or more to change your habits. This first month is what you can consider to be the most challenging, and ultimately the most rewarding.

After a month, things become part of your routine. You won't have to think about these habits as much or try quite as hard. But, in the beginning, you do.

If you prepare yourself for the fact that it can take a month or more to adopt a new habit, then it can make it a lot easier to deal with. You can't just snap your fingers and make these huge changes. It will take some time and it will take some energy but it can happen for you. Focus on what will be most profitable and important for you. This is something only you can answer for yourself.

### **Introduce One New Habit at A Time**

This is all about developing more powerful, profitable habits. But, habit change can be very overwhelming.

You've probably tried to change before. You've told yourself that you're going to work hard every day and stay focused. You've told yourself you're not going to start with this business model and then switch to another business model.

So, why hasn't it worked? There have been times when you were really motivated and were sure that this time was going to be different.

I think people expect to change everything at once and it generally doesn't work that way. It's much better to focus on one habit at a time, or maybe a few at a time, and to layer your habit change.

It's also important to have the right expectations. You aren't going to change overnight but you will change over time... and very quickly if you have the right strategy. The beginning of change will be difficult but soon those habits will become like second nature.

In this book, I have you focus on daily, profitable habits. Every day, you'll work on layering those habits. You'll see the change you want to see if you're motivated and follow through.

Be patient and don't overwhelm yourself. That's some of the best advice I can give you.

### **Believe That Your Success Is Inevitable**

Successful people know they're going to be successful. If you take their money away, they know they can get it right back.

Hate him or love him, Donald Trump has talked about this several times. He's hit what would have been most people's rock bottom... but he bounces back better than ever every time.

Why is that? It's because success is inevitable for people like Donald Trump.

Success can become inevitable for you as well. Don't let yourself stop until you're successful. Look at it like a puzzle. The pieces are there, you just have to find them and put them together in the right place. Given enough time, anyone can put the pieces together of even the most challenging puzzle, right?

I know you can be successful. This is a better time than any other time in history for that. You really can get started in business with next to no money. You can get to a point where you can quit your day job, pay off debt, and live the life you want to live.

Make it happen— okay? Your success is inevitable if you want it to be.

## **Work When You Work Best**

One of the best things you can do is work when you work best. Most people work best first thing in the morning before other distractions have had a chance to take them off focus.

Others work better in the afternoon or even the evening. Figure out what describes you.

There's no sense in trying to force yourself to work during a time that goes against your nature.

That's a different situation than just having poor habits. For example, if you tend to stay up too late into the evening watching TV or reading or whatever it is, of course you're going to be too tired to work effectively in the morning.

Go to bed at a reasonable hour and get enough sleep. Then, pay attention to when you feel the most alert and the most motivated.

If you're working from home, maybe it makes sense to get up and start work before anyone else in the house is up and about, so that you can focus on what you need to do without other distractions or interruptions.

Set your work hours around that. When you own your own business, you can do that sort of thing. This is about developing positive habits and making your life and business whatever you want it to be.

## **Know When to Put Your Energy Elsewhere**

It's easy to feel like everything the people you admire touch turns to gold. They always seem to make the right moves.

The truth is that no one hits it out of the park 100% of the time. Even very successful people have failures and things that aren't anywhere near as successful as they thought they would be. You just don't see all those failures, nor do you typically see all the work and sweat and tears and time that went into making them what many perceive to be an "overnight success".

If you keep trying to make things work that are never going to work, you're going to have big problems. You're going to hold your business up and not see the level of success you want to see.

Know when to put your energy elsewhere. Later, we'll talk about the 80/20 principle. Just 20% of your activities lead to 80% of your positive results. That's

shocking when you really examine your business and see that it's true. If you're too focused on unprofitable activities, it's time to switch things up.

Focus on profitable habits and activities and you can't help but succeed.

### **What Makes a Habit and How to Change Habits**

Now, let's talk a little more about what a habit is so you can start to work on changing poor habits and turn to more productive habits.

You probably know what a habit is already, of course, but I think it will help if we're on the same page.

Habits are the things you do mostly on autopilot. You don't have to think about these things once they become ingrained parts of who you are. That's sometimes why you think your current habits are part of your nature rather than just patterns you've fallen into over time—maybe since childhood.

You have your poor habits—biting your nails, surfing Facebook for hours without realizing it, procrastinating, and more.

You have your positive habits—finishing your work before you go to bed, automatically smiling at people who pass by you, eating a healthy breakfast, and more.

Obviously things might be different on each list for you, but we all have our good and bad habits.

Is there a positive habit you can think of that you've adopted over the years? Maybe you make it a habit to write one piece of content every morning and that didn't used to be the case. Now you wake up, fire up your computer, and work for 30 minutes or so first thing to finish off that task.

You should really pat yourself on the back for that positive habit, whatever it is. It's a huge, huge thing to change for the better. It should also signal to you that you're absolutely capable of changing.

Or, maybe you've dropped a negative habit. Maybe it was smoking, jumping from business model to business model, or eating poorly. Whatever it was, reward yourself for dropping that bad habit.

It might have been really difficult to change or add that habit at first, but you did it.

Now you're just going to do that over and over again and adopt new habits until you're living a life of your own design.

Habits are the things you do every day without thinking. That doesn't mean that's the way things are going to stay.

Although habits are what you do without thinking, if you want to change a habit, drop a habit, and start a new positive habit, in the beginning you have to think about them, and that's not the easiest thing in the world to do.

Some of your habits have been around since your childhood. If you look back at the way you worked in school and at home, then you might see some similarities to the way you still work today.

Some of these things might be part of your nature. That doesn't mean you can't change them, regardless.

Some of these things might be a result of the way you were raised and the way the world was presented to you at a young age.

None of that matters. If you want your life to be different, then it can be different. Whether it's a matter of nature or nurture, you can change if you want to.

Some of your current habits are a result of your internal state. If you're depressed or lack confidence, that reflects in your work and your success.

If you feel like you're a mess internally, that can lead to bad habits. It might be hard for you to get out of bed in the morning. It's hard to feel like you have enough energy to follow through with positive habits.

That's right— when you don't feel right emotionally or mentally it can mess with your formerly positive habits.

Some habits (good or bad) are a result of your external environment. Maybe it's really noisy where you work or you're surrounded by people who doubt you can be successful with your own business.

Maybe you don't feel like you have the right tools at your disposal. There are probably many things in your environment you feel are holding you back.

It can feel extremely difficult to develop positive habits when there are so many forces seemingly against you.

The fact is that you have to want to change your habits no matter what's going on internally or externally.

And sometimes you really need to do some self-examination and decide which reasons for the bad habits or the inability to develop better habits are just the result of excuses.

There are many, many people who've become successful under the worst conditions. People have moved to entirely new countries with nothing but the clothes on their backs and built up incredible fortunes that have lasted for generations.

And today, it's easier than ever. You have access to the Internet. You have the drive to succeed. Now it's just a matter of putting it all together and developing the right habits.

### **To Change a Habit, You Need a Reason**

Obviously, you want to change for the better. But it's not as easy as just deciding to change. There has to be a really strong reason why you *must* change. Changing for the better has to become inevitable for you. It has to be the case that you'll stop at nothing to change your habits so you can become much more successful.

This is the driving force in your life. If you could transform your life with the snap of your fingers, how would you do so? What would you change? What would be easier in your life? What would be added or subtracted from your life?

Most importantly of all, what means the most to you? For many people, it's their family. For others, it's giving back to the world in some important way. There isn't a correct answer, but you'll know it when you think of it.

There's a reason so many people decide they are going to make big changes around the New Year, but so few people follow through. It's just human nature to seek pleasure in the present and avoid pain in the present – even if that "pain" would lead to bigger and better things in the future.

To overcome that, you need a reason that's bigger than the present. You need to have goals and a reason why that are so all-encompassing that, again, it's inevitable that you will have those things and achieve those things.

I also mentioned excuses in the last section, and you need to have a Reason Why and a drive to succeed bigger and better and more powerful than any excuse that your subconscious can throw in your way.

Solidify this for yourself. Do some brainstorming and write it all down. You might surprise yourself by what you come up with and what you decide is most important to you. Once you figure it out, you'll be much more motivated and much more driven to follow through with your plans no matter what.

There's no fooling you – changing your habits is not always easy. In fact, it's mostly *not* easy. You are going to run into rough patches where it will be easier to fall back into old patterns and run the other way. But, your reason why will help you power through, no matter what.

A close-up photograph of a person's hand typing on a white laptop keyboard. The image is framed by a blue border. In the upper right corner of the frame, the text "PLR CONTENT SOURCE" is displayed in a bold, blue, sans-serif font. Below the keyboard, a white text box contains the following text:

**Your Source For High Quality Private Label Rights Content  
That You Can Actually Afford and Profit From  
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