

CASH GENERATING HABITS



THAT STICK

**HOW TO CREATE 2 NEW HABITS
& A NEW COMFORT ZONE
WHICH GENERATES CASH IN 90 DAYS!**

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SESSION 1: Days 1-9 | The Science of Forming a Habit/Routine

Change is Hard! You're gonna find over the next 1-10 Days: Your optimism and excitement for change retreats, because your old comfort zones will try to defy the formation of your 2 new habits. Overriding Fear and Income Generation.

You and I are creatures of habit, what we'll do tomorrow is likely very similar to what we do today! The only successful way to implement change that sticks is to make it a habit! If you want **permanent** change you need a **NEW** habit!

It takes Will and Discipline 2 things we hate to use, to do things we hate to do, to get a result we'd love to have! It's not fun doing uncomfortable things that aren't part of our accustomed routine!

So our aim here is to use will and discipline with the aim of no longer relying heavily on them! What do I mean? Through consistent repetition of the same activity over on average 20-30 days (it varies from person to person), automaticity begins to kick in, you begin to feel like you are accustomed to and comfortable doing this new activity.

Soon you get past RELYING on will and discipline ALONE to do things you hate, to get what you love! The sooner you can get behaviour to sustain over time! In other words, the sooner you make a new behaviour a habit, the sooner you no longer need will & discipline, the sooner you do things by habit, you naturally do the things which were once uncomfortable which bring you the result you love!

"Life is hard if you live it easy but becomes easy if you live it hard!" **Joe Polish**

"The quality of our life and our rituals is the quality of our lives" **Tony Robbins**

How To Create Habits Which Give You High Performance & A Fulfilling Quality Life

- ✓ We'll cover how to design a habit that "takes root" and becomes a natural part of your routine, so you automatically do it every day...
- ✓ You'll also learn how to make sure you get yourself to do what you need to do every day, so it accumulates, accrues, builds on top of previous success...
- ✓ I'm gonna show you how you can get leverage on your success and get the most energy behind all the techniques I show you throughout the program! Get the highest return for the effort you put in!
- ✓ We'll install your "Success Routine" to do each day FIRST THING, to set yourself up for a winning day of productivity and success. We start installing your success routine, then refine it each week after, adding more distinctions, more focus, and more elements...
- ❖ If you create routines/habits out of success behaviours you'll automatically experience success that sustains itself!
- ❖ If your day is FULL of success habits that leaves no room for poor/destructive habits and little room for idleness to creep in!

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So the question now is how do you create habits fast, that stick? The good news is... we are already creatures of habit so if you have destructive/low performance habits... How do you create habits that will cause you to experience success?

- ❖ Take your will power and focus on **creating 1 new habit at a time** (If you try to do too many, your body freaks out with so many unfamiliar pressures, that you slip back to old ways)
- ❖ **Start in morning same time everyday**, once it's a habit you can move it to later slot in the day. Works better than starting a new habit later in the day.
- ❖ **Start now**, do it every day at the same time for it to become a habit!
- ❖ In order to create a change in your life that sticks for the long-term, you need a minimum of 2 components. You need something new in your thinking, and you need something new in your environment.

This is the Exact BEST and MOST highly EFFECTIVE method To Make Overriding Fear & Income Generation Your Permanent Natural Habits

HOW LONG DOES IT TAKE?

Well as I'm sure you can appreciate, every person is different. So the truth is the answer to this question will vary with each individual involved. It also depends on the circumstances. It also depends on whether you are trying to break a habit or form a new one. Usually forming 1 new habit will take on average **21-33 days**.

We are forming **2 habits**, so it's going to take **42-66 days** to get them installed, the **90 days**, is so it becomes really solidified! I'd rather go too far than not far enough!

It depends on the pain and pleasure attached. If you experience a great deal of pain from a habit and experience pleasure when you stop doing it, results can be pretty quick.

If for example somebody has a habit of leaning on the stove and one day they were leaning on the stove and the heat was on and it burnt them, how long do you think it would be before they snap out of the habit of leaning on stoves? Pretty much instantaneously. Something like smoking maybe different.

In our case we are forming habits. So it might take us **21-33 days** each habit. But in reality it doesn't have to be anywhere near as long as 21-33 days, 21-33 days can be the worst case scenario. But that is determined by you. The truth is really, forming a new habit is based on a resolute decision that *you are determined* is **not** going to change.

The firmness of that decision can be enhanced greatly by some psychological reframes placed on your mind that you can use as leverage.

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WHAT IS THE BEST METHOD TO FORM THESE NEW HABITS?

We will begin with our psychological reframes to get some leverage and then I'll hit you with the harsh reality and it's up to you to take it from there.

Pain and Pleasure Associations

As you may or may not have noticed, the biggest transitions you have made in your life thus far, have been based on either attempting to escape pain or experience pleasure or in some cases both. Using both is the most effective.

I'm going to use people who are now slim who used to be overweight as an example. There they were looking at themselves in the mirror, thinking this is unsightly, it's ugly. Then they go outside, people look at them funny, children point and laugh, they feel embarrassed, humiliated. They feel tired, sluggish and have very low levels of energy.

Then to add insult to injury, they see a slim person jogging by, they are energetic, they look great and feel great and the overweight person thinks to themselves, I want that. It would feel so good to look in the mirror and be happy with what I see. It would feel so good not to give somebody else the pleasure of laughing at the expense of my self-esteem.

It would feel so wonderful to have more energy, feel good and look good...
I want that so much...

After beating themselves up feeling terrible, dissatisfied and then being filled with the right inspiration, they decided to change some habits, the way they eat, what they eat and the amount of exercise they do increases.

To just inform yourself of what needs to be done isn't inspirational and isn't very exciting. The chances are you won't do much and if you do, do something and see little results you throw in the towel and quit. But when you constantly focus your mind on what it is you want and how much it makes you feel good and how much the other side of the coin repulses you.

You will find, rather than just focusing on the un-pleasant sensations you feel when creating a new habit, you will be so focused, you won't even be thinking, you'll be too busy going after the result you want. You can even look at a picture which inspires you while you're doing it! You have the leverage of feeling good that you want to experience and the pain you want to escape. All our actions are based on the way we feel. So we need to use our feelings to empower us.

Back to our overweight person, in taking action they start to see weight drop, they notice they have more energy, they look better, they feel better, they feel so encouraged and enthusiastic that they keep it up. Automaticity kicks in and this is now their natural way of living, **inspired by dreams, built by persistence!**

Soon they HAVE what they want and it feels so good being that way, they don't even have to make the decision to maintain it, because by this time these actions are already *natural* habits for them.

You must make what you want to escape seem so painful for you, and seem really badly terrible. And when you make it bad enough, trust me when I say you won't be concerned about the process you have to go through because, the mere thought

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of staying the way you are is that excruciatingly painful. Then you must make what you desire to be STRONG, you want it so much, you actually dream about it and can see it when you close your eyes.

It feels good just thinking about it, you to want to take action because you know action is the only thing between you and what you want.

Dwell on these 2 issues in your mind make the pain as painful as you can and the pleasure as pleasurable as you can, if you do it properly, staying where you are won't be an option. You will be so disgusted and so dissatisfied with where you are and so desperate to get where you want.

You will find yourself making the *firm decision* that from this point on things will be different and you are going to do something about it, your habits change. Then your sub-conscience will get you to where you want will keep haunting you until it is satisfied that you ARE doing something and it won't stop haunting until you achieve it.

Force >>> Pleasure >>> Natural Habit

Once you have the appropriate and effective pain and pleasure associations. The best way to begin is to just force yourself (with the pleasure of the end result in mind, as you do it.) Yes, it's possible you might not get the result you want straight away, but it's moving you towards the path that WILL get you what you want. I'm a firm believer that when you force yourself to do something you don't want to do or something you want to begin doing. If you just,

Do the thing, you will have the strength to do the thing!

You will *actually* start wanting to do it naturally and it becomes a habit for you.

WHY? Because by forcing yourself, you experienced the results you wanted, you enjoyed those results and want to experience them all the time. So although it still may not feel comfortable and normal going through the actual process of the habit you want to create, the enjoyment of the experienced desired result is what drives you. So you keep pushing through the discomfort to experience the result.

Before you know it, it's just a natural way you act. Your mind doesn't associate what you are doing with discomfort anymore but pleasure. You don't really recall that you don't like the process because you have been doing it long enough, this is your way of life, it's a habit now and you are addicted to it. (Just like me working out, I love the way my body looks... I want it to stay that way and continue to improve, so even when I don't feel like it, I'm still doing it cos I've associated so much pleasure to having the look I want.)

So if some concepts in here are uncomfortable for you to implement, like any other new skill you learn you are going to have to forcibly persevere through it until it appears natural to you. And if you can't force yourself, that's why we have the inevitability factor, to make sure you can't back out of not doing it every day for whatever time frame you set!

So whatever you set out to accomplish, not just with the 2 habits we are going to install but in life! Sit down and think of the pain, you will experience staying where you are. Think how bad you feel getting to the end of the day and you haven't done anything or nearly as much as you know you could. You will never get to live in your dream if you carry on the way you have.

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Then think on how good it will feel to experience, what it is you want, a natural propensity to override fear and a default comfort zone which generates income. Think how good it will feel making consistent progress daily.

In 90 days everything in this programme will be natural habit for you, it will be your way of life. You will just *naturally* be immensely efficient and effective in any task you set your mind to accomplish. But those 90 days will only be secure with a *firm decision* enhanced by the leverage of pain and pleasure so take the time NOW to feel the pain and pleasure.

Soon people will marvel at what you accomplish and they will think, you get all the good luck and you can tell them. *My success is inspired by dreams, built by persistence, blessed by God...*

So let's install your "Success Routine" to do each day FIRST THING, to set yourself up for a winning day. We're gonna start with one thing, then each week or 9 days after, we will begin adding more distinctions, more focus, and more elements...

Now as you have probably heard me say before the best time to create a habit is early in the day.

The Author of "Body for life" Bill Phillips said, the 1st meal of the day sets the tone for rest of day. If you were becoming consciously aware and mindful of eating healthily, this would make sense to you.

If you start the day eating a good meal...
You feel obligated to continue the rest of the day eating well...

Then if you eat well the whole day, that day, then the next day you would feel good about yourself and want to continue the momentum the rest of the week, and weeks turn to months and then years. But it started with having the first meal of the day being a healthy meal.

Now that example pertains to your body and the same rule is applicable to the food you feed your mind. The food for thought you give yourself every day 1st thing!

It's the 1st things we do each day that give us the highest leverage. So if you build success habits early into your day, the rest follows through. How you feel emotionally affects everything else! Body Mind Spirit! So the first routine we will build is designed to empower your emotions, so you start the day off with the right emotional feeling and mind-set. And so this will create the building blocks for

HABIT 1. OVERRIDE FEAR & CONTROL YOUR EMOTIONS (LONG TERM) BUILDING A PERMANENT HARD WIRED DOERS MIND PATTERN

Now if you have been through the core modules. I've already told you to do this. Now we're gonna actually do it. The key here is to get you into the habit of following instructions. If you start doing that now, it will get easier later! And you will benefit from the compounding effects. Paid into your emotional bank balance. So you're gonna...

Programme Yourself With The DOERS Mind Pattern

LISTEN TO EPIC SECRET & ACCELERATED FEAR FORMULA | ONCE A DAY 90 DAYS

READ DUTY METHOD | MORNING, EVENING, 15 MIN

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So that's the first component of the habit of controlling your emotions and overriding fear. We WILL add to this don't worry. It seems crazy, it's sounds simple. I know trust me just do it!

It will lay the foundation for the other things we will build on top of it. So it's essential that you do this! It's kind of a Mr Miagi Wax On Wax Off thing!

In fact it's a little bit like heating a live frog in a boiling pot. As you do! (Just in case you were wondering what I get up to on weekends.) If you put a frog into boiling water. It will leap right out.

However if you put the frog in cool water and heat it slowly, you can get it to boiling temperature and the frog will stay in the water. And in fact it will stay in the water and boil to death!

Because the temperature rise is gradual! Now I haven't actually tried this, no frogs were harmed during the making of this 90 day blueprint I can assure you. But I'm sure you can appreciate the analogous illustration.

If we build the habit bit by bit, you won't freak out because we're beginning with something you are comfortable with. So all I want you to do is listen and read and then in the next 9 days I'll give you more instructions.

Then by the end of 90 days you'll be the frog comfortable in hot water, while everybody else who comes along and looks at what you are doing dips their toe in and can't handle it! You're gonna be saying ahh it's nice and warm in here!

So now we want to look at how you will make certain this habit becomes automatic & inevitable: We need to set up your environment for success by identifying what you will need to do, to do your habit, what you'll need to add new in your thinking & environment, and what you'll need to remove in your environment.

It is IMPERATIVE that you **START these new habits early in the day**, when you still have willpower.

**IF YOU START TO DO IMPORTANT THINGS AT THE SAME TIME EVERY DAY,
YOU GET INTO A ROUTINE,
ROUTINES ARE HABITS...**

At first you'll have to think about doing it, soon you won't have to at all. It will become automatic by regularly repeating (at the same specific time daily).

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Programme Yourself With The DOERS Mind Pattern

Listen to Epic Secret & Accelerated Fear Formula | Once a Day 90 days

Read Duty Method | Morning, Evening, 15 Min

ADD in your THINKING:

Resolute decision: What time are you going to Read & Listen.....?
(It needs to be the same time every day!)

REMOVE from environment: (to avoid distractions, in order to allow you to create your habit, before being side tracked to do something else first)

Computer/Phone/Email/Facebook

.....

ADD new in your environment:

AUTOMATIC | Put a reminder somewhere that you'll see every night before bed, and first thing in the morning when you wake up - to get you on the right track

What Will Your Reminder Be.....

Where Will You Place It.....

INEVITABLE | Promise someone something you would hate to give away maybe \$1,000 if you don't prove to them you have done the exercise every day for 90 days!

Who Will Hold You Accountable.....

What Will You Promise Them.....

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ADD A SCREEN SHOT OF YOUR EMAIL PROMISING THEM THIS:

BEGIN PRACTICING THIS THE NEXT 9 DAYS
and ***WHILE KEEPING THIS GOING***
WE will BEGIN PRACTICING THE NEXT PART FOR 9 DAYS!

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