

# **CASH GENERATING HABITS**



## **THAT STICK**

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

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

## SESSION 2: Days 9-18 | The Champion's State of Mind

I wanna give credit where it's due. I saw a video online buy a super successful entrepreneur, [DEAN GRAZIOZI](#) he has 2 \$100m companies, and he strives for excellence in every area of his life and it shows, he has incredible passion and enthusiasm. Though I've never met him, you can see he is a really authentic, kind hearted dude. So I just wanna say, what I'm going to share with you today, I learnt from him. So if you think this is a load of hoey you can give him a hard time about it not me...

Ok so we're gonna be talking about **The Champion's State of Mind**. Where Dean shares his #1 secret to achieving his dreams, again he has 2 \$100m companies, so this is definitely someone you'd wanna learn from. He says he made his success being highly energized and confident when it mattered most.

And he says, for anyone to be successful it's all about getting into the right state of mind and having confidence when you most need it, to take you to the next level of happiness and success in your life.

So let me ask you this:

### HAPPINESS

Are you in a place right now that doesn't allow you to be the best you?

Do you have a smile on your face? Everybody else thinks you're good but you're sad on the inside.

Are you a baby boomer that took a job 30 years ago? But you did it for other people and you kind of feel lost and you're coasting through life.

### CAREER/MONEY

Or are you starting a career or you hate the career you are in!

Or you're broke and you want more but something keeps getting in the way? There's some kind of resistance that hold you back. There's something almost invisible that's stops you from, living that life that you want.

Maybe you went to a live event, and you were super motivated and excited, or maybe you read a book and felt yeah I can do this, and you got a peak of energy, and then it went away,

### RELATIONSHIPS

And I don't know where you are in your relationships? Are you coasting where, maybe it's good enough, but you've maybe got one foot out the door!

Or you are hoping for a relationship, but something just blocks you stops you, resists you and holds you back from that relationship, that you know other people have!

### FITNESS

What about your body? How do you feel? Is there a goal you have, you want to eat better, have more energy that lasts the day? You want to go to the gym or exercise, make the right choices but something just keeps blocking you?

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And for some of it we could use the excuse, I mean look at the headlines on the news today!

The headlines just get more and more negative every year. The perils of the world economy, The health scare epidemics, political and celebrity scandals, natural disasters, crimes are continuously on the rise and for the most part that's all we hear about, seldom do we ever hear good news.

I heard that decades ago TIME magazine used to report good news, 90% then they started noticing that bad news sold better, so they started to increase the amount of bad news they told and now 90% of the news is bad news.

They say our children won't live as long as us, they will never be as wealth as us, they say that the dream life is no longer possible. Is that really true, well it would like it on the outside. But who really determines the quality of the life you live? You do!

It's what's inside you that matters, are you a thermometer or are you a thermostat? Will you let the temperature of the world determine your temperature or will you choose the temperature you want to be?

**You can control and determine the conditions of your outside world from the inside.**

But what stops you is this monster who lives inside you, that was created by the information you got from the outside world. And it's stops you having the Epic Life of HIGH performance!

So what I'm going to share with you is how to kill the monster sabotaging you which was created by the information forced on you by the outside world. So you can break free and unleash the champion within you who has always been destined to greatness. The champion's voice inside you may be a little quiet now, but we are going to get the champion screaming loud and clear to drown out the nonsense of the monster. And make it so that the only voice you hear from now on is the champion's voice. That sound good?

**It's the thoughts between your ears that determine the results in any area of life.**

You know I didn't get the best start in life, before I was even born my biological father decided I wasn't his child and he wasn't going to be in my life. Which was weird because it wasn't like he wasn't some scared teenager, with no experience, no he already had a 4 year old daughter, who he acknowledged. But before I was born he decides no I'm not going to be in his life.

**Can you imagine that!?** Imagine growing up with that in your mind that you're a reject. Do you know to this day, I've never heard from him, seen him, I've never even seen a picture. I have no idea what he looks like.

Well fortunately when I was 4 months old my mother met somebody and 3 years later they got married, but guess what, I was told he was my dad. I'd been calling him dad ever since I could remember, so it wasn't until I was 13 years old the day before my baptism. 27<sup>th</sup> February 1998 my mum and dad told me the truth.

**Now at 9 years old my mum and dad were divorced**, my dad lived in south east Asia so I didn't see him that often. So at 9 years old I was the little man of the house, with no male figure, physically present, to teach me the things a man should know, my mum did her best, but somethings you can only learn from a man, so I had to figure out the rest on my own.

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My mum worked a low wage job making £400/month before that we survived on income support from the government. My mum used to buy food from Tesco and our shopping basket was full of ugly blue and white striped Tesco Value boxes. I remember being the only kid in my class who had to go everyday before lunch to the school bursar to collect my lunch money £2.10

By the time I was 18 I moved house 15 times. When I was just 4 years old the head teacher told my mother, your son will never be a high flyer. I went to 8 different schools by the time I was 15 years old. 3 of those schools I was asked to leave because, my dad was late paying the fees. And I was taken out of school while preparing for my GCSEs. And I failed, I had to retake them. I then did my A-levels and got less than stellar results. I got an HND then started my Degree and dropped out

And growing up I was scared I was timid, I was scared to talk to girls I was interested in. I didn't have the confidence to walk up to somebody I didn't know and introduce myself. There was a girl I was in love with for 8 years and I couldn't tell her, when I was a kid my dad would try to push me to do things I was uncomfortable with and I hated it, he was only doing it to try and toughen me up and build my confidence. I was uncomfortable, and I would run crying to mummy scared out of my wits and my mum stopped him.

And it wasn't until years later that I toughened up. I got a summer job for a month as a charity fund raiser, who didn't pay me, what I was owed. I hated it, I wanted to quit after the 1<sup>st</sup> week. But my mum told me to persevere. And you know what it toughened me up, I was scared of dogs, I'm telling you, you can ask my dad, if I even heard a dog bark a mile away, or saw a dog a mile off. I was off like Usain Bolt.

So imagine me going door to door knocking the door and then all I hear was a dog barking. I would pray nobody opened the door and then if someone one did, I had to pretend I wasn't scared and that I was confident. I stood firm, while some jumped on me and I pretended I liked them. I even petted some of them. And after doing it enough times, being confronted with 3-4 dogs a day, my fear left me.

I found myself not crossing the road if, I saw somebody walking their dog. And you know what, I wasn't scared to talk to strangers any more. I hated that job, but you know what it gave me one thing and that was confidence. They didn't even train us. They just pretty much told us dos and don'ts and dropped us off and we had to make money.

Then I got talking to a good church friend, who hooked me up with an interview at a hotel, with the concierge team and with the help of God, I blagged my way into a job as the Louis Vuitton Luggage Executive. I was the bell boy! And I absolutely loved that job! Best job I ever had, my boss was awesome.

So much so after years, I invited him to my wedding, who invites their ex-boss to their wedding? No-one. This dude was cool, a bit of a nut case, but cool. He taught me a lot, about how to work with people.

See in this job I was on just a few pennies above minimum wage, but I got tips. But I learnt if people liked you, they'd tip you well. I got so good at it. People would come back to the hotel and ask for me. Now remember people tip you at their own discretion. So you have to be good.

But I was consistently the highest tip earner. I would average 400% more than most of the team. They couldn't figure out what I was doing. Some people thought I put my own money in the tip pool. People used to shadow me to try and figure out,



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how I made so much. But it wasn't so much what I was doing outside, although that made some difference. It was what I was doing inside, I had a Champion's state of mind. And because I had a Champs state of mind, I smiled, I was happy to serve people. People left nice comment cards about me.

**I liked money.** And I attracted money, not by visualising, but my attitude and my actions attracted it. I had a fat wad of £50 in my pocket and I still have a huge stack of US dollars, that I've kept to this day. It's so big, I got stopped at the airport at London Heathrow on the way to nNw York one summer. Fortunately they didn't take it from me. But it's there that I started realising that what was going on between my ears was determining my success in the outside world.

**I learned it didn't matter, what the news was saying,** what the economy was saying, sure some days I made more than others, sure I had off days, and in 2008 the tips weren't quite as high, but I still made more money than anybody else. Consistently. People said, the economy is bad, people aren't tipping, I was still making money. Money that people didn't have to give me. I wasn't the thermometer I was the thermostat. And you can be to.

**My head teacher Ms Lloyd was wrong.** She said I'd never be a high flyer. Well I don't know what her definition of a high flyer was. I don't even know where she is or if she is even alive now to ask her. But what I can tell you is this, I've been blessed to have 3 websites that make money. I've been blessed to impact the lives of thousands of people speaking and teaching, up and down the country, I have students all around the world.

**I am happily married to the girl of my dreams,** who I was scared to approach 8 years, I just got back from my 1<sup>st</sup> year anniversary in Miami last week. I've travelled the world. I have the physique I've always wanted. I eat well, I've got bags of energy and I love life. So I've been very fortunate to achieve many of my life goals. And I'm not showing any signs of slowing down. I didn't get the best start in life, but I turned it around in my favour, because I chose to.

**I was blessed to learn from people who had what I wanted,** I brought their books, DVDs home study courses and adopted their habits and with consistent action, I've been able to get the results I wanted. Yeah that kid rejected by his father, before he was born, who had the no hope of ever being anything special. The shy kid, who could pluck up enough courage to ask a girl out, who was scared of dogs, scared to talk to strangers. The kid who failed in school.

**There's something I want you to be open minded to that you might not realise.** I've said it before this might sound crazy. But there is a monster inside of you and I want to expose that monster and how it was created. And once you know it, I'll show you the 5 skills to banish that monster forever and unleash the champion to reign in your head from this day on. So there's no peaks and valleys. Up one day down another. It's more like a 45 degree blast off! To take your life to another level.

So you can live in confidence that anything you seriously want to accomplish you can make happen. You know there're people that do it! It's time for you to be one.

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## EXPOSE THE MONSTER WITHIN

I'm going to expose the outside factors that go in and if you allow it they stick and they build this monster of self-doubt inside of you. This resistance that holds you back.

When was the last time something went your way when you had "O" confidence?

Have you ever doubted something would go your way, but you did it anyway, and you got the result you wanted? When's the last time that happened? What happened? Did you speak to someone and they shifted your mind about something? Did the champion within start talking! What did it?

Have you ever passed up the opportunity to meet the girl or man of your dreams, because you didn't have the confidence to walk up and say Hi? Did you miss out on the promotion, or start your new business because confidence was lacking? It's the foundation for all of it.

I want to show you why it is happening and how to kill it!

### NEWS:

When's the last time you watched the news and felt fantastic! It's fuel for the monster living inside you. You're gonna get sick, you're gonna go broke, now's not a good time to start a business, you're gonna die, you're kids are gonna die. The terrorists are gonna get you. Ignore the news for a week and notice how great you feel?

### WEAKNESSES:

People tell you to work on your weaknesses. Get strong at the things you are weak at and there are some areas of life where that might make sense. But in most cases it's one of the worst things you can do. You should focus on what you are good at and hire professionals to do what you are weak at.

There's a guy called Ned Hallowell he is the world's leading ADD specialist. Attention Deficit Disorder. This is a guy who gets kids of drugs and helps them live a fulfilled life. He says kids with ADD are like a Ferrari engine with bad breaks and he gives them good breaks.

So he will take a kid and let's say his name is Tommy and Tommy doesn't have the patience to sit down and read a book. His school teacher keeps telling him he needs to read to get better, but he doesn't read it. He can't sit still. And the teacher is always on his case and it knocks his confidence.

And they tell Tommy's parents we think your son has ADD. Then the doctor prescribes drugs. So Tommy goes to school every day in drug induced practically sedated state. That's one approach.

What Ned Hallowell does is find out what Tommy is good at and helps him excel at it. What happens when you become great at something? Your confidence grows. Tommy becomes really confident, that he is in fact brilliant. His state of mind changes then all of a sudden Tommy, starts reading all on his own.

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He didn't work on his weaknesses. If I worked on my weaknesses, I don't know where I would be. I hire people to cover for my weaknesses.

## BAD ADVICE:

Let me ask you, how many times have people willingly offer advice to you and they are in a worse situation than you in that area? You know how many people who are overweight try and tell me what to do to stay fit and healthy. The same in the area of finances.

Or how about that business you wanted to start, or that job you wanted to go for and you let someone talk you out of it. I wanted a sales job once it was 100% commission only. They were paying £400 for each sale and all the leads were pre-qualified warm leads.

My mother talked me out of it. I wouldn't risk it if I were you, you should go for a job that pays a salary, something you can rely on. I let her talk me out of it. I mean if I was on the phone all day and only sold 10 a month, I'd have been making more money, than most people make in the UK. But I let her talk me out of it. Bad advice.

Have you ever had an idea for an invention and then you tell someone and they tell you oh that's crazy, it will never work, nobodies gonna buy that, then a year later you see it on TV. That person is making millions every month.

Or you tell somebody, there is some girl or guy you like, and they tell you, you've got no chance. Or that's not likely to happen. I remember telling a church friend, I liked this girl at my church and he was like, well I don't know I mean there's a height difference between you. Guess what I married her! What if I had listened to him? I would have missed out on marrying the girl of my dreams.

Bad advice is one of the worst things in the world. Not just for missing out on a key life altering decision, but it feeds the monster inside you. Then you have this resistance that tells you, you can't move forward. We can't do it, it's too hard! It crushes your confidence. And this monster within you begins to

## BUILDS STORY:

I can't do it, maybe all the people out there who look happy are all like me faking it, you can't get rich any more those days are gone, you can't live an epic life, I can't change my career now, I've been in this job 15 years, it doesn't make sense to change now, maybe this is the best I can do financially, maybe this is the best my relationship will ever be, I just have a slow metabolism, I'm always gonna be overweight. Plus I think I look better with a little meat on my bones.

No, no, no... it's this monster living inside you, holding you back, it's just a story that you have accepted. Now you know where it comes from, you now have the opportunity to kill it. And that's what we're going to do right now! 5 Things to kill the monster, raise your confidence and become unstoppable. Become the best you.

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## KILL THE MONSTER | UNLEASH YOUR CHAMPION

### 1. WHY:

Why do you want more money, want a better relationship, better connection with your children, look better in the mirror?

You know most of the time when we answer that, the first 3-4 answers come from our brain. The pat answer, it says we want more time with our family, we want to make more money, we want control of our life.

It's always 7 times deeper than that, and I wanna show you the quickest way, I've found in my life to find your why. Someone once asked me why I wanted to make so much money and I said because, I want to not have to worry. I want independence, to go where I want, do what I want. That came from my head.

When you keep asking yourself Why, eventually it flips from your head and goes to your heart and you find your true why!

I don't want to go backwards, I struggled so much as a kid, we were so broke, I never wanted to go back there again. I want to take care of my mother, she has no house, she's in her late 50s doesn't own anything. I want to be able to take care of family, my sister, my wife, she is so kind to me, I want to give her the life she deserves. I want to help the poor, orphans, single mothers

I thought that's it, I want to take care of my family and help the poor, but even that wasn't it.

I kept digging, digging, digging asking why, and you know what I discovered it all boils down to one thing. As a child I was constantly moving house, moving schools having to make new friends. I remember my dad bought my sister a car it was a Mini Cooper and I really wanted one to. And so when it came to my turn. He said, he was going to get me a VW beetle and I was like errr, dad I don't like that car, it's a girls car. I don't want that! He said, "Beggars can't be choosers son!" Anyway thank God he didn't get be a beetle, he helped pay off my mum's car and we shared it. But I really wanted my own! But beggars can't be choosers! And I was like man I can't wait until I have my own money. Then I can choose and do what I want to do, I want control in my life. I want choice.

That's my why. I want money, because I want control because I want to choose! What goes on in my life. My whole life, was spent doing what I had to adapt to the decisions other people had made for me. I wanted to choose for myself. I want to choose what car I drive, where I live, how I dress! I don't want to be restricted by money. I'm not a control freak, but I want to be in control. So when I'm having a tough time. When my confidence is low, I know my why. I want to be in control. I want to choose how I live. I want to live The Epic Life.

When you find your why, that monster starts to get crushed, it can't over power a true why! So figure out the why!

### 2. WHO:

Who do you want to do this for? I know you want it for yourself and that's good, but a motive outside of yourself gives you extra incentive to succeed. It raises your why and your confidence and crushes the monster inside you.

The best way to find your who is with an exercise, you've gotta do this today. When you are on a plane and the oxygen mask drops, they say put your mask on first before you help others. So when your oxygen mask drops, you become financially

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sound, emotionally sound, physically sound, sound in your relationships, who do you want to help put an oxygen mask on next?

Your kids, your spouse, your parents, your church, people in need. When you know the who! The monster CAN'T live.

### 3. BODY & WORDS:

What does that mean? When your state is down, your confidence is down, what words do you use and how do you look? Are you slumped over, head looking down at the floor, swaying side to side as you walk? Ah I'm stressed, I'll be ok, I have a lot going on, I'm tired. You feel sorry for the person, but at the same time. You kind of want to leave them to it. You don't really wanna hang around them.

You can tell from just looking at how somebody carries themselves, what kind of person they are. You can almost always tell what somebody is like to talk to, without speaking to them, by their body language.

If the person is smiling, shoulders back, their head is up, they look at the person in front of them. You can tell that person is a successful person. That person is contagious, you want to be around them.

So the body language we have, the words we use encourages and grows the Champion inside us. So from now on pay attention to the words you are using and your body. My dad used to tell me whenever I went to see him. Son roll your shoulders back, and walk like you have a purpose. Like you're going somewhere and whenever you meet someone, you look them straight in the eyes, you grip their hand tight and grin.

### 4. PROOF STORY IS B.S.:

Go online and prove that the story the monster has been selling you is B.S. If it's oh I can't do well in life because. I never went to college/university. So what Richard Branson didn't go to college, Tony Robbins didn't go, quite a few billionaires didn't go.

It takes money to make money, are you crazy, do you know how many people who came from nothing are millionaires today? It doesn't take money, it takes resourcefulness. I recommend you get Jay Abraham's book, "Getting all you can out of everything you've got" it's a awesome investment, you'll never be about to make that excuse again. Or go to [strategicCashBlueprint.com](http://strategicCashBlueprint.com) I'll show you how to make money, with no money.

I can't seem to find a good man, all men cheat. No they don't, not all men cheat. I don't. There are amazing men and women out there, who wouldn't dream of cheating on the one they love.

Oh I don't have time to get in shape. Nobody has extra time, but when we make it a priority we find the time, we can.

So always look for a story that proves the monsters story is B.S. Find someone who had the same obstacles as you, who is currently doing what you want. Get their story let it inspire you. Don't surround yourself with people who have the same story as you. Find new friends. If you are overweight and all your friends are to, find some fit and healthy friends.

And finally...

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## 5. BREAK THE MOLD:

What does that mean, do something today that breaks that rhythm. Do something that breaks your state being down, your confidence being down. I would suggest this, call someone today who you have been putting off for weeks. Where there was a break down in the relationship, an old friend. Family member you have a feud with, make the call and show that you can put your shoulders back.

You know your WHY because you want to resolve an old problem.

You know WHO because you become a better person when you let old stuff go and it doesn't linger

You know your BODY & WORDS, use words that come from your heart and not your head.

PROVE THE STORY is BS.. maybe the person is wrong, but it doesn't mean you have to feel that and live with it.

And BREAK THE MOLD... by doing something different, and I challenge you today to do something that you are afraid to do. My friend you can wait years to change, when you are desperate and have no choice or you can change right now!

What I want to show you is that we all have this monster living inside of us holding us back, and for the most part it's all from the outside world imposing on our thought processes and knocking our confidence.

But with the 5 things I just shared with you, you can destroy that monster. When you know your WHY, you know WHO it's for, when you just PUT ON A DIFFERENT PRESENTATION to the world of yourself, you can break the mould and do something different right now, this alone is the rocket ship to the epic life you deserve...

Talking about breaking the mould, if you think, I don't get scared sometimes and lose confidence, I do, I just refuse to let it overcome me. But even now before I get up to speak sometimes I get nervous, especially after someone really good just went before me. I remember on my wedding day and it was speech time, my best man's speech was brilliant, he had everyone spellbound. He did a fantastic job. He embarrassed me, but he did a great job. Then it was my turn to speak, I was like wow, I have to follow that!

I didn't have the 5 steps I just showed you, but I knew I had to do it. And my speech was one to remember, nobody forgot it, people are still talking about it to this day, people come back to me and recite parts of it back to me. I'm like that was over a year ago, you remember that? They were like yeah I do! I have had people tell other people about it, who ask me to re-do it wanting to hear it.

It's time for you to make your speech to the world. To let the world know you are here and you aren't going anywhere. You're going to make your mark on the world. The world is going to be a better place because you were born and you are going to be tremendously well compensated for it.

Think of a time in your life when you were scared, but you did it anyway. And you either got the result you wanted or you learned a lesson. You were scared to ask that girl out and she became your wife. You were scared to go to the gym, because you were overweight and you thought all the fit people would make fun of you, but you went anyway they were really supportive and you lost the weight and every time you look in the mirror, you see the body you always wanted. You can do this...

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Ok now let's get down to business, you are here to build:

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

For the last 9 days you have been,

| Programming Yourself With The DOERS Mind Pattern    |                          |
|-----------------------------------------------------|--------------------------|
| LISTENING TO EPIC SECRET & ACCELERATED FEAR FORMULA | ONCE A DAY 90 DAYS       |
| READING THE DUTY METHOD                             | MORNING, EVENING, 15 MIN |

NOW WE WILL BEGIN A NEW PART OF THIS HABIT & PRACTICE THE NEXT 9 DAYS

\*\*\*WHILE KEEPING WHAT YOU HAVE BEEN DOING GOING\*\*\*

NOW WE WILL CONTINUE:

| Programme Yourself With The DOERS Mind Pattern |                                                   |
|------------------------------------------------|---------------------------------------------------|
| WRITE GOALS DOWN                               | MORNING & EVENING, EVERY TIME YOU FAIL/FEEL DOWN! |
| VISUALISE EMOTIONALLY                          | MORNING & EVENING                                 |

Condition your mind FIRST to be confident you CAN get the result you want! GET CERTAIN, by getting RESULTS in your head! Visualise what you want perfectly, perfect practice makes perfect! And that really is all there is to conditioning your mind! Instead of planning based on current circumstances and limitations, remove all constraints and imagine the IDEAL future situation.

Before you can do something, you must first be something, it's got to happen inside 1<sup>st</sup>.

1. The power flows in the conscious mind builds a new image.
2. The Subconscious mind accepts it
3. The body expresses it

Make a picture of yourself in 3 years, having achieved your highest potential notice how you look

(what you're wearing, driving, the house you live in, where you are living, your posture, the expression on your face

Every day for 5 minutes, what I want you to do is I want you to look at it, and I want you to imagine, having it, get emotionally involved, feel what it feels like. Enjoy It! Close your eyes to emotionalise it and pretend. ACT as if it's real...

So for the next 9 days you will be:

| Programme Yourself With The DOERS Mind Pattern   |                                                                           |
|--------------------------------------------------|---------------------------------------------------------------------------|
| LISTEN TO EPIC SECRET & ACCELERATED FEAR FORMULA | ONCE A DAY 90 DAYS                                                        |
| READ DUTY METHOD                                 | MORNING, EVENING, EVERY TIME YOU FAIL FOR 15 MIN & EVERY TIME YOUR SCARED |
| WRITE GOALS DOWN                                 | MORNING & EVENING, EVERY TIME YOU FAIL                                    |
| VISUALISE EMOTIONALLY                            | MORNING & EVENING                                                         |

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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).

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 that's the first and second component of the habit of controlling your emotions and overriding fear...

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## ADD in your THINKING:

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

Resolute decision: What time are you going to Write Goals & Visualise Emotionally.....?  
(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.....

ADD A SCREEN SHOT OF YOUR EMAIL PROMISING THEM THIS: