

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 4: Days 27-36 | Set Monster Goals

This session is going to be short and to the point. Because it's simple and packs a lot of punch, without much elaboration.

In session 3 we were talking about dreaming again. It's important to dream and get the right knowledge to act on. Then once you have that knowledge, you must act consistently. You must create habits out of those actions. So that it happens automatically. So that when you don't feel like taking action, your default comfort zone is to take action anyway.

However with all that said, I want to be sure you are setting the right size goals. Are you setting the goals you think you can get, based on conservative eventualities that might happen. Or are you actually going for what you really actually want.

Because as I taught you in PAB. You can reverse engineer anything you want to accomplish, so don't worry about setting goals that are "too big".

The last thing I would want for you, is for you to settle for less than you really want to accomplish.

Here's Why!!!

The entrepreneur making \$100,000/yr doesn't work any harder than the entrepreneur making \$100,000,000/yr, has that ever dawned on you?

Everybody gets the same 24 hours a day. Bill Gates doesn't have a time machine that gives him an extra 2 hours nobody else knows about.

Now think about this for a moment. \$100,000 goes into \$100 million, 1000 times.

You can't tell me the guy making \$100 million/year works x1000 harder, than the guy making \$100,000 that's impossible.

The guy making \$100 million/year just has bigger goals, so his strategies are x1000 more effective.

He thinks how to reach millions, not thousands, he takes different actions, because his goals are different. Which means results on 1000X scale.

He uses mediums and relationships with people who have huge reach as leverage. But he doesn't work x1000 harder.

So my advice to you is:

**DON'T WORK HARD, WORK SMART!
WORK HARD AT BEING SMART
AND THEN WORK SMART HARD...**

The thing with goals is often we fall short of what we wanted, whether your goal is \$100k or \$100m You're gonna come up short on both goals, which one do you want to fall short on? \$100k or \$100m

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Ok now let's get down to business, we are gonna build:

HABIT 2. AUTOMATE ACTION FOR INCOME GENERATION

For the last 18-27 days you have been,

BUILDING A PERMANENT HARD WIRED DOERS MIND PATTERN (LONG TERM)

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

You've been doing this 20-30 Days: Your brain sees this activity is being demanded of you regularly and it has started to make it more efficient. Have you noticed? Automaticity start to kick in, and it's becoming a natural part of you?

Now if you already had: *A Clear Vision / Chunked / In Line With Your Core Values & Values of Those You Serve, You Knew How They Want It Delivered / You Knew What Would Have The Biggest Impact The Fastest / You PICKED CASH GENERATING HABIT!*

Then for the last 9 days you have been developing the final component of:

HABIT 1. OVERRIDE FEAR & CONTROL YOUR EMOTIONS
(IMMEDIATELY) SO YOU CAN TAKE ACTION IN SPITE OF FEAR OR ANYTHING YOU HATE

4 STEPS SYSTEM IN 5 MINUTES

RECOGNISE | REFRAME | RELEASE | RETRAIN

LET'S BEGIN A NEW PART OF A CASH GENERATING HABIT & PRACTICE THE NEXT 9 DAYS

WHILE KEEPING WHAT YOU HAVE BEEN DOING GOING

OUTCOME TODAY

Focus on the Ultimate Destination AND The IMMEDIATE Next Step!

Will Doing This Attract 1,300 Visitors Today?

1. Write the top outcomes you want accomplished today (the night before).
2. Do them/Delegate them.
3. Colour them in, visually see progress.
4. The things that don't get done. Get put on tomorrow's list!

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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).

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!)

PICK the CASH GENERATING HABIT which will have the biggest impact the fastest:

.....

Whenever Negative Emotions Scare You, Follow These Steps to MASTER Your Emotions:	
RECOGNISE	I'M HAVING A NEGATIVE EMOTION TRYING TO KEEP ME COMFORTABLE. FEAR IS JUST A ELECTRICAL/CHEMICAL SIGNAL IN MY BRAIN (IT WILL LAST 90SEC)
REFRAME	(READ DUTY METHOD) (5 QUESTIONS) (I AM TESTING TO FIND WHAT WORKS, THEN OPTIMIZE) FAILURE IS WHAT I WANT, IT'S AWESOME, IT WILL GET ME TO WHERE I WANT! FEAR IS A GREEN LIGHT INDICATING MY NEXT STEP! REMEMBER COMFORT IS THE ENEMY OF ACHIEVEMENT
RELEASE	TAKE 10 DEEP BREATHS TO RESET THE CHEMICALS IN YOUR BRAIN. YOU FEEL DIFFERENT.
RETRAIN	REMOVE TIME (DO THE INCOME GENERATING ACTIVITY IMMEDIATELY) DON'T THINK, DON'T PLAN, JUST DO IT! WITHIN 5 MINUTES OF STARTING YOU'LL ACTUALLY FEEL LIKE DOING WHAT YOU'RE DOING AND YOU'LL CONTINUE!

**You only need to change the belief enough so that it stops limiting you, so that you get into action towards the things that you want in your life and away from the things you want to avoid!*

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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: