

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 5: Days 36-45 | What It Really Takes

Let me ask you a question: Are you broke?

I didn't hear whether you said, Yes or No! But I'm in a mood for telling the truth today! If you're broke, I'm here to tell you, it's your fault!

Even if somebody did you wrong, like when I was swindled out of £35,000. It's still your fault, if you're broke. It may not be your fault what somebody else did, but it's your fault for staying where you are and not doing something about it.

It's your fault for failing to step up your game to make up for your loss. Even if you are a single mother and your husband left you with 5 kids. There are people like you who have taken responsibility and worked themselves into financial independence. So what, pray tell is your excuse?

Yes I'm being harsh! Harsh is this world. It's not gonna soften up for you, so you better toughen up or stay stuck. If anybody makes excuses for you, ah yeah but she's this or he's had that happen.

You feel like they're a true friend. They sympathise with you. They make you feel better, that it's not your fault.

They're right, it's not your fault what happened, but did they tell you it's your fault, you stayed where you are?

It's been 10 years since your husband left you and you're still in the same place? And they still come over and tell you everything is gonna work itself out. Nothing works ITSELF out, YOU have to work YOUR SELF out of it!

You need to be careful about keeping somebody like that around you who speaks to you like that. They might be a nice person, and mean well and want the best for you. But they are giving you permission to feel sorry for yourself and not make any progression. I mean if you want to stay where you are, then I suggest you keep talking to them, I guarantee, they will keep you where you are.

But if you actually want things to change. You might wanna stop calling them or hanging out. Because they are encouraging the fact, it's ok to feel sorry for yourself. Feeling sorry for yourself, won't extricate you from your circumstances.

I'm not interested in making you feel good about your misfortune. I'm interested in taking you to the next level. Getting you out.

Life is not fair, life is bad for most people, ok for some people and great for just a few. But it's not fair! Let the government worry about fair, they can't bring fair, fair is not coming on planet earth.

And if you think they are really concerned for you, they aren't honey, all they are interested in is getting re-elected. They'll tell you whatever they think you want to hear, because all they see you as is a vote!

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Look you're a grown up now, you're big boy or a big girl in the market place, you don't have any money. Quit making excuses and go out and make you some money. And if you're not getting the money and you're out there hustling, something about your strategy is off!

2 things are off, either your hustle's off or your strategies off, it's that simple. It's not your mummy, it's not your daddy, it's not the way you were brought up, it's not where you were brought up, it's not the schools you went to. It's your hustle or it's your strategy.

So if you've got the hustle, then you've got to figure out your strategies... Now if you're stepping out and you're wanting to actually do something about your situation.

First of all understand that no matter what you try, right at the beginning, it's gonna suck...

'Cause you suck... but you'll get better and you'll suck less...

As you keep doing this, then eventually you'll suck so little that you'll actually be good,

But just surrender to the fact that you're gonna suck

There is no magic trick or secret to success. When people talk about overnight success, it may seem like they came up overnight. But the truth is there was no lucky break as such. It was consistent, diligent effort, which got the person in front of the person who gave them a shot.

Success is a lot of work. And I mean a lot of work. In a lot of business opportunities and weight loss transformation opportunities. People use words insinuating ease, minimal effort, short periods of time, in order to sell you.

"The lazy man's way to riches" Oh it's gonna be so easy, you won't have to work hard. And it sounds so enticing, so cute, so attractive. And you're like, "Oh this is great I can click a button and money shows up in my bank account." It attracts so many people, it sells so many people. People make fortunes basically misinforming people what it really takes.

The people selling that dream to you, worked hard just to get in front of you to make that presentation. They spent time, money, effort. Building the product, marketing the product, tweaking the marketing, making mistakes failing, until they come up with something which performs to their satisfaction and then they brought it to you. Then they tell you, they did all the hard work so you don't have to. You're gonna have to work just as hard as them.

"The lazy man's way to riches" is a huge disservice and doesn't give a realistic point of view. And this is why so many people don't persevere and give the effort necessary. Because they were sold on their opportunity being told, it wouldn't take much time, it wouldn't take much effort, it wouldn't take much money! And that this is what they have been waiting for! It's a fantasy!

Pop this pill and you'll lose all your excess fat and have chiselled abs. Really???

Whatever you want to accomplish: I guarantee it's gonna take 10x the money you thought it would take, 10x longer than you thought, 10x the effort than you ever imagined.

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And so when people are expecting easy success, the moment they come up against the inevitable road block, they are ready to cave in and quit. Why? Because they were TOLD it would be easy. And when they find out, it's not, they freak out. And jump over to the next fad opportunity, promising the same thing! Never picking one thing and sticking it out.

If you're prepared to stand forever you won't be standing for long. Often people give up just before their breakthrough. Because they thought they were miles away but, when their victory was literally within inches of them. But because they stopped, they never knew how close they really were. They were not prepared to give whatever it takes.

Even with traditional businesses, when entrepreneurs go to investors or banks for money. 9 out of 10 fail because they don't know what to expect, they didn't ask for enough money and when they come to the bank for more money, the bank is freaking out and is scared to give them more.

Because they projected in their business plan they'd be profitable in 6 months and it's been 18 months. They thought it would cost \$300,000 and it's really gonna take \$3,000,000...

But they went to the bank with conservative estimates, they cut everything. Well we think if we speak to 10 people a day conservatively, we should get 6 presentations a day and 3 of those will turn into a sale. But let's be conservative if we talk to 10 people a day and only get 3 presentations a day, we should get at least 1 sale a day, we'll still be making X, so we'll be able to pay the money back after expenses.

But nobody really takes into account, yeah but what about the stuff that just happens to people. What about that divorce you weren't planning on, that sucked the life out of you for 3 years. Or the business partner that had fatal car accident. Or your spouse got sick and you had to look after her.

Or the bridge over the river Thames which is the only way, people can get to your business collapses and the council don't do anything to repair it for 6 months. No one puts any of that in their business plan.

People are not prepared for the effort it really takes. You ask most business people, did you think it would be this hard? They'll tell you no! But every single one of them tells you it's worth it!

So if you want to be a millionaire, billionaire, be prepared to do whatever it takes. Success has a price and it won't come to you until, the price has been paid and it's usually very expensive.

That price sorts out the boys from the men. The girls, from the women. Be willing to do what no one else will and pay the price.

If you work full time job, you may have to stay up late, get up early, to put enough time in.

I don't recommend just leaving your job thinking you've got enough money to survive for the 3 months you think it will take for you to make enough money to survive. Ok take it from it from a numb skull who's done that twice. Both times I paid for it and had to build from scratch again.

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You need to keep a solid income coming in. Whilst building the income you are creating. If income is not flowing in yet, don't burn bridges to your solid income until the new income you have created is at a level you know is going to be consistent and high enough to support you.

Yes there are times where a leap of faith is required. But just be intelligent about the choices you are making. Understand your resources may be spread thin to begin with, and that's ok, it's part of the price, that must be paid.

And make sure you are putting in effort at least 6 days a week, don't let a day go by where you haven't done something to take you closer to your dreams.

How do you know when you are taking the right level of action? When people start to criticize you, because the action you are taking makes them uncomfortable. If nobody is criticizing what you are doing, if nobody is complaining about you, if you are waking up tomorrow, with the same problems you are having today, you aren't taking the right action. You should have new problems, not the same problems. The same problems means you aren't progressing. New challenges are good sign you are on the right track, you aren't where you were yesterday!

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

HABIT 2. AUTOMATE ACTION FOR INCOME GENERATION

For the last 27-36 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 30 +Days- You're forming a super thick neural circuit of this habit, it becoming solidified. You may notice less and less thought is required. Soon you'll go from becoming consciously competent to unconsciously competent. It will be the way you naturally operate (if not already)!

Then for the last 18 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

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And for the last 9 days you have been asking yourself what is my;

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!

LET'S BEGIN A NEW PART OF A CASH GENERATING HABIT

HABIT 2. AUTOMATE ACTION FOR INCOME GENERATION & PRACTICE THE NEXT 9 DAYS

WHILE KEEPING WHAT YOU HAVE BEEN DOING GOING

FOCUS

STOP Collecting Info START CREATING INCOME

Is this info immediately beneficial to the Outcomes I want In the Next 24 hours?
(Yes USE It Now | No Archive or Ignore)

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**.

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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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: