

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 6: Days 45-54 | Obsession Is A Gift

The dictionary defines the term “obsessed” as “the domination of one’s thoughts or feelings by a persistent idea, image, or desire.” Most of the world looks at obsession as if it’s a disease and people who have it need help. I see obsession as the prerequisite for success. To succeed, to be the best in your field, to reach your goal, your dream of an epic life, you have to be obsessed, with what you want to accomplish, it has to dominate your thoughts, and actions.

Grant Cardone said in his book, *The 10X Rule*, “*You want to be so fanatical about success that the world knows you will not compromise or go away. And until you become completely obsessed with your mission, no one will take you seriously. Until the world understands that you’re not going away—that you are 100 percent committed and have complete and utter conviction and will persist in pursuing your project—you will not get the attention you need and the support you want.*”

To create an Epic Life, to transform it from a mere idea to your actual visible experience you have to follow up every action with an obsession to see it through to success. You need to take consistent actions every day.

Most are wishing for success doing nothing. A lot of people have already given up, and another percentage of people are in a state of paralysis being perfectionists to avoid failure and negative experiences. They lack the obsession necessary to see their actions all the way through to success.

Grant Cardone said, “Most people make only enough effort for it to feel like work, whereas the most successful follow up every action with an obsession to see it through to a reward. If you become obsessed with your idea, purpose, or goal, you will become equally addicted to the idea of making it work.

After all, if your ideas do not excessively preoccupy your own thoughts, then how can you ever expect them to preoccupy the thoughts of others?

Something has to absorb your thoughts every second of every day—so what should it be? Well after your relationship with God. Make your dreams, goals, and mission your most dominant concern!

The word “obsessed” tends to have a negative connotation because many people believe that obsession with something (or someone) is usually destructive or harmful. But show me one person who has achieved greatness without being obsessed on some level...” You won’t be able to find anyone.

I mean even Jesus Christ was obsessed with The Kingdom of Heaven/The Kingdom of God, it consumed his thoughts. He said, “I do nothing of myself: but as my Father hath taught me, I speak these things.” John 8:28

“...Any individual or group that accomplished something significant was completely obsessed with the idea of it. Whether it was an artist, musician, inventor, businessman, or philanthropist, their greatness was a result of their fixation.

...There was a television interview with Israeli President Shimon Peres. Mr. Peres was 87 years old at the time and had done 900 interviews over the prior 18 months. His obsession with his mission makes him seem youthful and energetic— despite his age. Even those who may not believe in his mission have to admire his commitment to it, which is evidenced by his

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claim that “work is better than vacation—and it is important to have a purpose to wake up each day.” Countless truly successful people agree with the sentiment that their careers do not feel like work but rather something they love to do.

That is obsession at its best. ” - *The 10X Rule by Grant Cardone*

If you feel you don't have an obsessive nature, may I remind you of when you were a child?

You were obsessed then, weren't you? You know why? Because you were 'sold' on getting everything you set your eyes on. You were instantly obsessed with everything you got involved with. You were loud, you would scream, you didn't care who was looking at you, or what they thought!

Every child is born obsessed. You were no different. Depending on how your parents or teachers or influencers were, determined whether or not you STILL are obsessive. There was nothing you attempted without an obsession with towards getting what you wanted. Whether it was a cookie, a toy another child was playing with, getting your nappy changed, getting your parents' attention, so they could watch you go down that huge slide all by yourself. You were obsessed. Obsession was and should still be a natural state of being.

The reason you suppressed your obsession was because you were told it was inappropriate. It wasn't inappropriate, it's just that your obsession was often loud and annoying and it reared, it's head at inconvenient times. Your obsession wasn't wrong, your delivery of it was just so obtrusive, you were told to stop. And you suppressed it. Notice I said 'suppressed' and not 'lost' you still have it, you just need to resurrect it and use it tactfully! Because that energy applied to the right objectives, is sure to bring you the results you're after.

Obsession is not wrong, it's not unnatural. It's right and necessary! Very necessary, it's essential to your success. Look where your life is right now! This is what happened when a person moves from obsessive levels of commitment to “average” levels.

You know I used to be annoyed by people who were high energy and fanatical. I mistook their passion for arrogance. Granted some of them were a bit narcissistic. But nowadays I admire people who are that fanatical! Some of them just need to learn how to understand that most people have been beleaguered into accepting 'average' as the appropriate level of action. And so anyone with enough integrity to go 'all in' will live their lives being misunderstood and be criticised.

Successful people always have the same story, people found them annoying, until they 'made-it' then they say, 'Oh I always knew you'd make it'. They were annoyed first but now they are congratulating you! Praising what they once criticised. So it just goes to show that, being obsessed is necessary and although it's criticised at first, it will be understood later!

I mean deep down who isn't inspired by someone who goes after the things they believe in with all their heart. Where would you be without obsessed people? You've brought their products and services, you have an iPhone, an iPad, a PC, you brought their album, you wear their clothes, drive their cars, turn on their light bulbs, you're on their social media platform.

These people were and are obsessed, so consumed by their ideas that they wake up to their dreams on their mind every day, work on them all day long, and then go to sleep and dream about them again all night!

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You should both admire and adopt their conviction, and commitment not criticise it. Grant Cardone said, *“I suggest that you become obsessed about the things you want; otherwise, you are going to spend a lifetime being obsessed with making up excuses as to why you didn’t get the life you wanted.”* *The 10X Rule*

People will tell you to slow down, they tell you, you need balance in your life. You don’t need balance in your life, you need to be a maniac about everything. I don’t try to balance anything. I’m just obsessed with, being a great husband to my wife, having an awesome physique, eating healthy, being happy, serving my clients, making a fortune, blessing others with my time and resources, my relationship with God! I’m obsessed.

It’s unfortunate people who lack passion for life. Label people who are passionate, about being great in every area of life. They look at the one area they aren’t doing too well in and tell people who are excelling in that area, that they are off-balance, addicted.

Obsession is gift, it’s not a disease? I don’t need medication. I don’t have ADD. The only thing that has ADD in my life is my goals. I’m not putting enough attention on them. My business isn’t getting enough attention. Not enough people know about my products and services, that’s the only attention deficit, I have.

If we all had obsession we the human race would accomplish more! I mean we all have obsession, but it’s applied to the wrong things. Getting home to watch TV, Facebook, watching cats do summersaults on YouTube. Be obsessed with something that is going to make you great.

People love to label passion for excellence and as negative. When they themselves are obsessed with mediocrity. Watching Jersey Shore, smoking weed, watching porn all day. Yeah, what a great life you’re destined for!

It’s interesting, however, that once the obsessed finally do become successful, they’re no longer labelled as crazy but instead as geniuses, exceptions to the rule, and extraordinary.

You know someone once said, “What if the world admired, expected, and even demanded that we all operate every single day with an obsessive focus on our goals? What if we punished the people who didn’t act with passion and commitment and rewarded those who saw their projects through to the end? Our society would be overwhelmed with inventions, solutions, new products, and increased efficiency.”

Well life does punish those who don’t act with passion and commitment. They are broke, overweight, they live a mediocre life and this will be their lot in life. Life does re-reward those who are passionate and committed to success, they live fulfilling lives, they serve others, they have happy families, they have financial independence, they have physiques to die for. Sure life has it’s challenges for them. But at least they have control and freedom in their life!

Look if you want an epic life you can have it. I’ll never tell you, you can’t. Just understand, nothing great will ever happen without you becoming obsessed with your idea—and then staying obsessed until you are living in the image you had envisioned. And if you want to stay there, you have to stay obsessed! It’s the only way to reach and maintain an Epic Life!

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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 36-45 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 27 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

And for the last 18 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!

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And for the last 9 days you have been;

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)

LET'S BEGIN A NEW PART OF A CASH GENERATING
HABIT 2. AUTOMATE ACTION FOR INCOME GENERATION & PRACTICE THE NEXT 9 DAYS
WHILE KEEPING WHAT YOU HAVE BEEN DOING GOING

You are going to start asking yourself:

Is what I'm doing right now going to make me money?
Will this have the biggest impact the fastest?

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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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!*

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).
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Is what I'm doing right now going to make me money?
Will this have the biggest impact the fastest?

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: