

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 7: Days 54-63 | Go 'ALL In'

Last session we talked about how obsession is a necessity for success. Now we are going to take it a step further...

If you are TRULY obsessed, you need to have, a go “all in” mentality towards every action and opportunity. This is what doesn't happen to people in the biz-op space and it's why they are hopping from one shiny object to the next. They never fully commit to anything. They need to go all in.

To go “all-in” is a term familiar to us all when it comes to making a full commitment to something. As far as I know it's adopted from a term used in poker. When a player puts all of his chips at risk and either gets knocked out or doubles up.

Now although we're not playing poker. In business we do have our own preverbal chips that we put on the line. Our efforts, creativity, energy, ideas, and persistence. The difference is that unlike chips on a poker table: you can't run out of action chips in life or use up all of your energy and effort by committing yourself, unless you die.

So the good news is you can absolutely afford to go “all in” with all the passion you can muster as is needed to get the result you want. And the better news is because you never run out of chips, even if you lose all your chips one day, tomorrow you can deploy a different strategy and go ‘all in’ again!

Now just as being obsessed is criticised. So is going “all in” we are told it's better be safe than sorry! Sadly because most people give a half-hearted effort towards their goals by being ‘safe’ they actually end up BEING sorry!

“We are encouraged to conserve and protect ourselves from losses rather than to go for the big payoff. The giants on this planet are willing to make the big plays. This mind-set is yet again based on the myth that your energy, creativity, and efforts are material things with limited quantities that cannot be replaced. There are certain things in life that have limits, but you don't unless you impose limits on yourself.

It is vital that you get your head completely reworked about taking action and that you understand that there is no limit to how many times you can continue to take action.

You can fail or succeed as many times as you want and then do it over and over again. Also, you can't ever hit it out of the park if you don't initially make contact and swing for the fences, and you will never hit it big if you don't discipline yourself to be all in when you don't take action.

...Remember: There are no shortages of how many times you can get up and continue! There is no failure unless you quit! It is impossible for you to “use up” all of your energy— or creativity. It is impossible for you to run out of ideas. You'll never lose the ability to come up with new dreams, have more energy, think creatively, look at a situation or event differently, give someone another call, use another tactic, or act with persistence.

There will always be another hand, another day— and another chance. If the bank you are working with continues to refill you with new supplies of energy, creativity, and persistence, then why not go all in on every hand?

...I don't care how many times I bust out, I will just reload my chips and play again!

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Think about it: What's the worst thing that can happen to you if you just totally go for it? You may lose the customer, but so what? You still have unlimited resources to give it your all with the next client. You have everything to gain and nothing to lose: you simply have to rethink your approach." Grant Cardone – The 10X Rule

Food for thought!

Go all in commit your energy, resources, creativity, and persistence with every activity. Create a habit of getting business first, and figure out how to deliver later. Push yourself! This is what Bill Gates did when trying to sell his system to IBM, he said yeah we can have our platform ready in 3 weeks. Afterwards he was like oh crap, how are we gonna do that? He did it! And for decades he's been in the top 5 richest people on the planet.

Most people are too busy playing "better to be safe than sorry" and simply never perform and instead spend their time trying to wrap their heads around problems they may encounter, that may never happen.

"Anyone who doesn't face new problems but who instead grapples with the same old problems his or her whole life isn't moving forward. Simply put: If you are not creating new problems for yourself, then you aren't taking enough action.

You need to face new issues and dilemmas that will challenge you to keep finding and creating solutions. Wouldn't it be nice if... you had a line outside your restaurant because there were so many people waiting for a table? One of the major differences between successful and unsuccessful people is that the former look for problems to resolve, whereas the latter make every attempt to avoid them.

So remember: Overcommit, be all in, and take massive levels of action followed up by massive amounts of more actions. You will create new problems and deliver at levels that will amaze even you." Grant Cardone – The 10X Rule

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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 45-54 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

Then for the last 36 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

You're forming a super thick neural circuit of habits 1 & 2, they 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)!

And for the last 27 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!

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?

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And for the last 9-18 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)

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

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

TRACK YOUR SUCCESS

Look at the good results you achieve when doing things you fear and document them in a diary, allow each accomplishment to fill you with more confidence for doing things that scare you.

REMEMBER that although your beginning may be small, your latter end shall GREATLY increase...

Celebrate each success and see it as significant, your confidence will grow and your belief in your potential will increase, as action is implemented on a larger scale, better results are attained: the cycle keeps repeating itself...

Your progress will increase in size and speed...

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!*

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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.....

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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: