



HOW SUCCESSFUL HABITS CAN
TRANSFORM YOUR LIFE
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HOW SUCCESSFUL ENTREPRENEURS

BUILD WEALTH



TABLE OF CONTENTS

- 01** Exploring Habits
- 02** Good Vs Bad Habits
- 03** Phasing Out
- 04** Sticking Out
- 05** Rinse, Repeat, Maintain

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The word "WEALTH" is rendered in large, gold-colored, 3D block letters with a metallic texture. The letters are slightly shadowed, giving them a three-dimensional appearance as if they are floating or resting on a surface.

INTRODUCTION

Virtually everyone wants to boost their wealth. This includes both making more money and better managing the money they make. However, learning how to increase one's wealth is not that easy to do, even though the steps to doing it aren't that hard.

In essence, it takes a good deal of discipline to repeat the steps necessary to build wealth. In other words, you need to learn good wealthbuilding actions and repeating those actions over and over again so that they become almost automatic. Hence, you need to learn good wealth-building habits so that you can increase your wealth and live a higher quality of life

This book will show you exactly what habits are and how they work. Then, it will dive into what are good habits, bad habits, and the habits in between. It will then dive more into the topic of bad habits and how they can be phased out of your life. It will then show you how to form good habits and ensure you stick to them.

You'll then see why a support system is important to ensure that you stick to those good habits as time continues. You'll learn how to start small in your quest to rid bad habits and obtain good habits, creating one new wealth habit at a time. Finally, you'll learn how to rinse and repeat the process of building new wealth habits and maintaining all of the ones you have adopted.

EXPLORING HABITS AND HOW THEY WORK

A habit is a behavior that is repeatedly done until you almost don't know that you are even doing it. This shows that habits are not behaviors or actions that are acquired overnight; they take time to form as part of our collective actions. This means that both good and bad habits will not form overnight, and that bad habits will not be broken overnight either; it takes time and an unconscious effort to form a habit.

Therefore, you must know that a habit is something that only comes via time and repeated action. This includes wealth-building habits; you will not improve your wealth overnight, as you will not gain these new wealth-building habits overnight. Take the time, effort, and focus necessary to learn those habits, and they will serve you well and help to improve your wealth over time.

In order to form a habit, you must do the action repeatedly to the point where you almost don't know that you are doing it. In fact, it's easier for other people to spot that you are doing it and recognize it as a habit rather than you yourself. This is often why bad habits are so difficult to break; we don't even recognize ourselves as doing it until usually someone else points it out.

The brain likes to develop these habits because it can conserve its mental energy toward another task while it engages in the habit. This is a key reason why people form habits and why we are very unaware of the fact we have specific habits.



CONT'D

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GOOD HABITS VERSUS BAD HABITS AND IN BETWEEN

You learned in the last chapter that a habit is an “acquired behavior pattern” that is repeatedly followed until the action almost becomes involuntary to where you are almost unaware of the repeated action. You also learned the three-step “habit loop” process that leads to us acquiring habits, and that it takes a considerable amount of time to form a new habit. Note that this holds true for both good and bad habits.

In truth, the only real difference between good and bad habits is that the acquired behavior pattern is a good action or a bad action as defined by the majority of society.

Therefore, you need to determine what good habits you want to adopt, then repeat the good action that constitutes that habit repeatedly until you do it automatically without realizing it.

Similarly, you need to recognize the bad habits you want to abolish, then avoid repeating the bad action that constitutes that habit continuously until you automatically do an alternative action instead that is considered better than that bad action. This involves doing alternative actions that “break” the bad action you repeatedly do- this is how you will break the bad habit.

As mentioned in the last chapter, it will take time to “rewire” your brain to dispose of the bad habit and take up the new good habit. It varies for everyone in terms of the amount of time it takes, and it also depends on the action involved. Actions that take more effort will take a longer period of time to adopt as habits compared to those actions that take less effort.





DEFINE BAD HABITS AND PHASE THEM OUT OF YOUR LIFE

As we discussed in the last chapter, the only real difference between good and bad habits is that the behavior is considered good or bad by most of society. However, both good and bad habits are formed in the same way: Through repeated action to where the action almost becomes involuntary and the brain focuses its mental energy elsewhere because the action is almost automatic.

As a result, bad habits are behaviors considered bad by most of society and are repeatedly done by the person. The person needs to realize the bad action that he/she continues to do; this is the only way he/she is going to be able to take alternative actions needed to remove the bad habit from his/her life.

As was discussed earlier, oftentimes, we don't even recognize the habits we form; this is where others will usually notice them and mention them to us. We become so immune to the action because it seems so natural to us that others usually have to point out the action to us. In most cases, the action is negative, and they are pointing it out because it's an issue we have to correct.

Now that we are aware of the repeated bad action, we can take the needed steps required to break this bad habit and replace it with a good habit. As has been mentioned before, this will NOT be an overnight process, and depending on quickly you adopt new habits and the complexity of the action(s) involved, it could take a few weeks to several months to adopt the new habit.

HOW TO FORM GOOD HABITS AND MAKE THEM STICK

In the last chapter, you learned that a bad habit is just a repeated action or behavior that society has deemed as being bad, such as running the faucet while brushing your teeth. To eliminate the bad habit, it takes a determined effort and time to replace that bad habit with a repeated action or behavior that society has deemed as being good.

When you have a bad habit and want to replace it with a good habit, you need to consciously be aware of the bad habit and know what action you need to change to turn the bad habit into the good habit. As mentioned earlier, we often don't realize we're doing the bad habit because we do it almost involuntarily or automatically without realizing it; this is why others often have to tell us we are doing the bad habit.

Once we know the bad habit and the action that constitutes that habit, we need to determine what alternative action we must take to eliminate the bad action.



SET UP A SUPPORT SYSTEM TO STAY ON TRACK

In the last chapter, you learned what it takes to establish a good habit and override a bad habit. As mentioned, however, it usually takes between a few weeks and several months to establish the new good habit.

During that time, your mind will have the tendency to revert back to the old bad habit you're trying to eliminate- this is also known as the in between time we talked about earlier in Chapter 2. It's quite possible you will mess up and do the old bad habit before you can stop yourself. As a result, you'll have to correct the behavior, do the new action, then tell yourself you committed the bad habit and need to do the good action repeatedly in order to make it your new habit.

START SMALL AND CREATE WEALTH ONE NEW HABIT AT A TIME

In the last chapter, you learned that setting up a support system can help you to stay on track in forming new habits and overriding old ones. In this chapter, you will learn that starting small and just creating one new habit at a time can help you create and build wealth. When people want to dramatically change their lives, they often will try to go for the homerun instead of the single.

In other words, they try to make these massive changes instead of just trying to make one simple change, thinking that's not good enough to where they want to go. The problem with the massive change approach is that they often try to do too much, get overwhelmed, lose motivation and enthusiasm for it, then revert back to their old habits and routines.

Instead, just try to implement one new habit at a time. Even if it takes several months to learn to implement the new habit automatically, it's better to successfully integrate the new habit instead of trying to implement 3-5 new habits and only doing them occasionally, while still doing your old habits here and there.

We've mentioned some specific examples of habits that can help build wealth over time: As mentioned in earlier chapters, the amount of effort needed to successfully implement a new habit will directly impact how much time it takes to successfully implement that new habit. As was also mentioned, altering a business model to spend less money and make more money will take considerably more effort and time

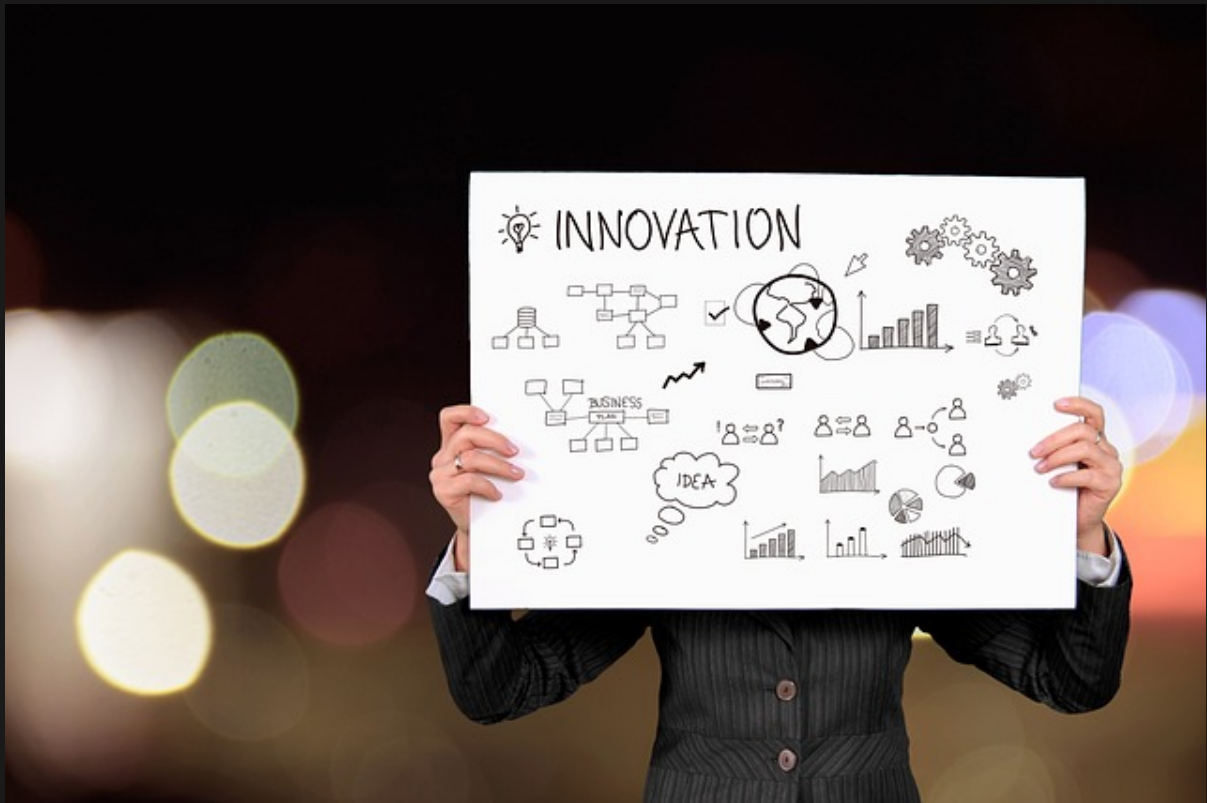
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You also need to take that into account: What type of new habit do you want to adopt? If it's something substantial and complex like altering your business model, adjusting your diet and/or exercise routine, or the types of products you buy for your business or home, you should expect it to take more time and effort to successfully integrate the new habit into your routine.

This is all the more reason why you should stick to integrating one new habit at a time and only move onto a new one when you have successfully integrated the new habit into your routine. Each new habit you want to integrate into your regular routine is something you believe will help you to improve your life and build your wealth, but that will NOT happen if you don't successfully integrate it.

Therefore, you should take the requisite time necessary to ensure that it is successfully integrated into your routine; only doing the good habit 50% of the time and the bad habit 50% of the time really doesn't do you any good, nor improve your life and wealth. Integrate one new habit at a time by taking the time you need to integrate it, then move onto the next one- your life and wealth will improve substantially using this approach.





RINSE, REPEAT AND MAINTAIN

In the last chapter, you learned the importance of concentrating your efforts on successfully integrating one new good habit into your regular routine rather than trying to add 3-5 new good habits all at once. It's more important and beneficial to successfully integrate one new good habit that you always do throughout your regular routine rather than only doing 3-5 new good habits 50% of the time and 3-5 old bad habits 50% of the time. In this chapter, you will learn the importance of repeating this process and maintaining the new good habits you have successfully integrated into your regular routine.

As mentioned in the last chapter, it's better to put the requisite time to successfully integrate one new good habit into your routine and doing it 100% of the time instead of doing the old bad habit it is replacing 50% of the time or even 20% of the time. Once you have integrated the new good habit into your routine to where you do it automatically and without thinking about it, then you have the opportunity to add another new good habit to your routine and override an old bad habit.

Repeat the process you have learned in this book to help you integrate the new good action into your regular routine. Realize what bad habit you are doing, determine what action(s) you need to take to stop that bad habit from happening, then start performing the action(s) required to stop that bad habit and form the good habit. Take the necessary time and use support systems such as family, friends, and/or memory devices to help retrain your mind to perform the new good action repeatedly in place of the old bad action.

THANK

YOU

WE WELCOME **YOUR**
FEEDBACK

