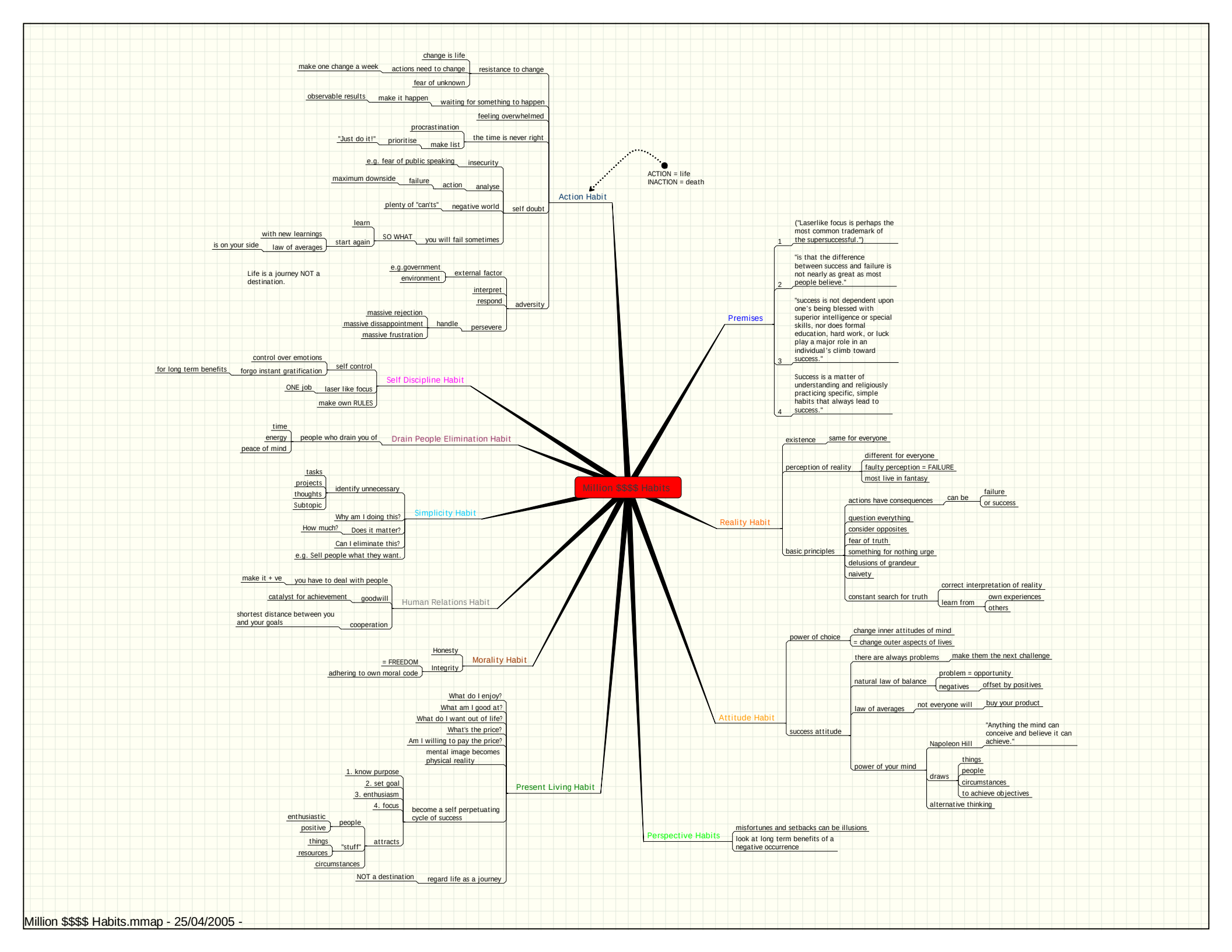
Million $$$$ Habits
Action Habit
ACTION = life
INACTION = death
change is life
make one change a week
actions need to change
fear of unknown
resistance to change
observable results
make it happen
waiting for something to happen
feeling overwhelmed
procrastination
"Just do it!"
prioritise
make list
the time is never right
e.g. fear of public speaking
insecurity
maximum downside
failure
action
analyse
plenty of "can'ts"
negative world
self doubt
learn
with new learnings
start again
SO WHAT
you will fail sometimes
is on your side
law of averages
Life is a journey NOT a destination.
e.g.government
environment
external factor
interpret
respond
adversity
massive rejection
massive dissappointment
massive frustration
handle
persevere
Premises
1
("Laserlike focus is perhaps the most common trademark of the supersuccessful.")
2
"is that the difference between success and failure is not nearly as great as most people believe."
3
"success is not dependent upon one's being blessed with superior intelligence or special skills, nor does formal education, hard work, or luck play a major role in an individual's climb toward success."
4
Success is a matter of understanding and religiously practicing specific, simple habits that always lead to success."
Self Discipline Habit
control over emotions
for long term benefits
forgo instant gratification
self control
ONE job
laser like focus
make own RULES
Drain People Elimination Habit
time
energy
peace of mind
people who drain you of
Simplicity Habit
tasks
projects
thoughts
Subtopic
identify unnecessary
Why am I doing this?
How much?
Does it matter?
Can I eliminate this?
e.g. Sell people what they want.
Human Relations Habit
make it + ve
you have to deal with people
catalyst for achievement
goodwill
shortest distance between you and your goals
cooperation
Morality Habit
Honesty
= FREEDOM
Integrity
adhering to own moral code
Present Living Habit
What do I enjoy?
What am I good at?
What do I want out of life?
What's the price?
Am I willing to pay the price?
mental image becomes physical reality
1. know purpose
2. set goal
3. enthusiasm
4. focus
become a self perpetuating cycle of success
enthusiastic
positive
people
things
resources
"stuff"
attracts
circumstances
NOT a destination
regard life as a journey
Perspective Habits
misfortunes and setbacks can be illusions
look at long term benefits of a negative occurrence
Attitude Habit
power of choice
change inner attitudes of mind
= change outer aspects of lives
success attitude
there are always problems
make them the next challenge
natural law of balance
problem = opportunity
negatives
offset by positives
law of averages
not everyone will
buy your product
power of your mind
Napoleon Hill
"Anything the mind can conceive and believe it can achieve."
draws
things
people
circumstances
to achieve objectives
alternative thinking
Reality Habit
existence
same for everyone
perception of reality
different for everyone
faulty perception = FAILURE
most live in fantasy
basic principles
actions have consequences
can be
failure
or success
question everything
consider opposites
fear of truth
something for nothing urge
delusions of grandeur
naivety
constant search for truth
correct interpretation of reality
learn from
own experiences
others