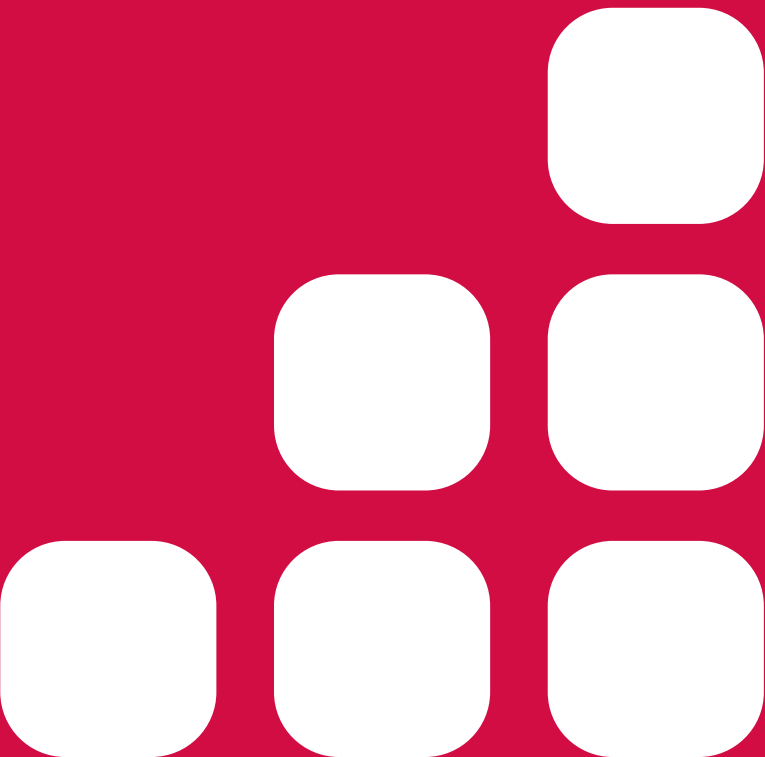


make **my success habits** work



Make My Success Habits Work

Crystallize your goals. Make a plan for achieving them and set yourself a deadline. Then, with supreme confidence, determination and disregard for obstacles and other people's criticisms, carry out your plan. Paul Meyer

Hey, let's fess up... We've all faced the disappointment and guilt that comes from setting a goal (the first step towards pro-actively creating a habit) and giving up on it after a couple of weeks. Sustaining motivation for a long-term goal is hard to achieve, and yet the best goals are usually ones that can only be accomplished over a period of months or even years. Over this extended period of time most people find it very hard to sustain the motivation to achieve the goal and thus the goal fails.

So how do you succeed at achieving these goals and creating a "habit"?

Here's the simple solution: Focus instead on creating a new habit that will lead to achieving your goal, rather than the end goal itself.

Insider Tip from Make Anything Work HQ!

– One bite at a time...

When you set smaller targets or behavioral changes that lead towards your ultimate goal, it gives you a "one bite at a time" perspective.

Imagine your goal is to devour a 12 foot submarine sandwich and you want to accomplish the goals within 48 hours (before the cold cuts turn nasty!) You could just attack the thing or you could go at it systematically. If you lunge at it like Homer Simpson on a jelly glazed donut, you might start out okay, but eventually it's going to turn ugly. But if you set the goal to eat 12 inches every 2 hours, or an inch every 10 minutes, then you can accomplish your goal within the time frame you set versus trying to jam the whole thing down your throat all at once! Cut your huge goal into bite size pieces and it may not seem that huge...

Do you want to run a marathon?

- First set a goal and create the habit of running every day.

Do you want to get out of debt and start saving?

- Create the habit of making lunch at home and bringing it to work, or watching DVDs instead of going to the movies, or whatever change will lead to saving money for you.

By focusing not on what you have to achieve over the course of the next year, but instead on what you are doing each day, you are focusing on something achievable. That little daily change will add up to a huge change, over time and you'll be surprised at how far you've come in no time. Little drips of water can add up to whole oceans over time.

How good are you at building habits in your life?

Rate each of these questions from 1 to 10 with 1 being “Completely Disagree” and 10 being “Completely Agree”:

1. I have written goals

1 2 3 4 5 6 7 8 9 10

2. My Goals are task specific

1 2 3 4 5 6 7 8 9 10

3. I review my goals daily

1 2 3 4 5 6 7 8 9 10

4. I track and record my progress

1 2 3 4 5 6 7 8 9 10

5. I stick to my plan no matter what

1 2 3 4 5 6 7 8 9 10

Now total up your scores from the questions.

Write your answer here: _____

We'll be referring back to this score later.

In general you probably think you do ok, but let's get real; changing your habits won't be easy. But it is achievable, especially if you start small.

Don't try to change the world with your first change in habit. You'll need to take baby steps at first. With a combination of starting small and a small amount of initial discipline, you can create a new habit that requires little effort to maintain. The long term impact of this on your business and life will be HUGE!

Practical tips for creating new habits and making them stick.

1. Commit to Three Thirty Days Periods

Around four weeks is all the time you need to make a habit automatic. If you can make it through the initial conditioning phase, it becomes much easier to sustain. Thirty days is a good block of time to commit to a change since it easily fits in your calendar. After this the following two periods of thirty days become a great reinforcement of the new habit.

2. Make Your Intention Clear

Zero in on the behavior that you would like to change. For example, deciding to make 5 PR calls, 5 days per week to local community newspapers is much more focused than just deciding to generate some media coverage.

3. Track And Report Your Progress

Keep a log or journal or chart so that you can see your progress over time. It's very motivating to see how far you've come. Also, if you can join an online group and report your progress each day, or email family and friends on your progress, that will help motivate you. When you have a "To Do" list it's easy to see what needs to be done, instead of just going off the "top of your head" and getting sidetracked...

4. Make it Daily

Consistency is critical if you want to make a habit stick. If you want to start exercising, go to the gym every day for your first thirty days. Going a couple times a week will make it harder to form the habit. Activities you do once every few days are trickier to lock in as habits.

5. Start Simple

Don't try to completely change your life in one day. It is easy to get over-motivated and take on too much. If you wanted to study two hours a day, first make the habit to go for thirty minutes and build on that.

6. Know the Pain

You should also be aware of the consequences. Exposing yourself to realistic information about the downside of not making a change will give you added motivation. An extreme and very real example would be setting the goal of quitting smoking. The consequences of not reaching your goal could be death. Not pretty, but it will definitely help you over a few hurdles...

7. Know the Benefits

Familiarize yourself with the benefits of making a change. Visualize it, cut out pictures of skinny people if you want to lose weight, cut out pictures of your vacation home or new car if your goal is to save your money. Go for a test drive. If the result dream or dream is big enough, then you can push through the crap and get 'er done!

8. Remind Yourself

Around two weeks into your commitment it can be easy to forget. Place reminders to execute your habit each day or you might miss a few days. If you continually skip the small stuff because you "forget", it defeats the purpose of setting a habit to begin with, and will not get you to your ultimate goal.

Use sticky notes in key areas around your house to remind you...

9. Stay Consistent

The more consistent your habit the easier it will be to stick. If you want to start exercising, try going at the same time, to the same place for your thirty days. When cues like time of day, place and circumstances are the same in each case it is easier to stick.

10. Get a Buddy

Commit yourself completely. Don't just tell yourself that you might or should do this. Commit yourself to this 100 percent. Tell everyone you know. Email them. Put it on your blog. Post it up at your home and work place. This positive public pressure will help motivate you.

Tell the world that you will definitely do this!

11. Be Imperfect

Don't expect all your attempts to change habits to be successful immediately. Try your best, but expect a few bumps along the way. This is a work in progress (as we all are) so learn from your mistakes, correct and move on. It's not a big deal unless you make it a big deal, so give yourself a break.

However... don't use this "be nice to me" concept to procrastinate on your goals. It's easy to use "poor me, look what happened to me, I suck at this, oh, well" language as a crutch to support the bad habit you are trying to change. If this is the case for you (and be honest, we all do it once in a while) then set a goal to correct yourself when you catch yourself slipping into "mind crap mode". Words are powerful tools, whether they are written, spoken or inside your head!

12. Remove Temptation

Restructure your environment so it won't tempt you, especially in the first thirty days. Remove junk food from your house, cancel your cable subscription, throw out the cigarettes so you won't need to struggle with willpower later. If you can't get rid of the tempting item completely then put a sticky note on it, or make it difficult to get to. Just changing the physical location of the item can help break an old habit, so move your chocolate stash!

13. Associate With Role Models

Spend more time with people who model the habits you want to mirror. A recent study found that having an obese friend indicated you were more likely to become fat. You become what you spend time around, so spend time and read books about people who are living your goal.

14. Do Not Give Up

Withhold judgment until after a month has past and use it as an experiment in behavior. Experiments can't fail, they just have different results so it will give you a different perspective on changing your habit. Many people give up on changing habits because they don't see immediate changes. If you slip, don't throw your plan away. Just move on and keep going. Failure is only a reality when you stop trying.

Hey, Edison didn't fail thousands of times while inventing the light bulb, he just found thousands of ways to not make a light bulb...

15. Do it For Yourself

Don't worry about all the things you "should" have as habits. Instead tool your habits towards your goals and the things that motivate you. Weak guilt and empty resolutions aren't enough to keep you going. Again, visualize the "why: and it will offset the "how".

16. Set up rewards

It's best to reward yourself often the first week, and then reward yourself every week for that first month. Make sure these are good rewards that will help motivate you to stay on track. Even a quick celebration can help to reinforce the habit. High Five!

17. Most Important Of All: Always Stay Positive

If you see any negative thoughts ("I want to stop!") squash it like a little bug, and replace it with a positive thought ("I can do this!"). It works amazingly. If you think negative thoughts, you will definitely fail. But if you always think positive, you will definitely succeed.

Note: There are people in your life right now who want you to fail. Who want you to stay right where you are and never change or grow.

Why? Because if you improve something in your life it makes them look bad.

Do not let these people take you down. Either remove their influence from your life until you reach your goal or better yet, bring them along for the ride. Say something like, here's what I am going to do, and I would like your help and I, would like you to do it with me. If you say no that's cool, but this is very important to me so even though you don't want to come along, I expect your support and respect of my decision to reach my goal. If you can't support me in this, then we won't be seeing much of each other until I get to where I want to be.

Yeah, but what if it's your husband, your wife, your best friend or parent? Well, if you are that far apart on something that's important to you, then it's probably time for a serious conversation anyway...

18. Finally... Keep It Going

When you have succeeded, it will be easy to let your guard down. Changes in environment and routine can slowly bring bad habits back into your life. These are the times to be vigilant and make sure they don't creep back into your daily routine. Like JFK said, "We will do what is hard..."

So now how good are you at building habits in your life or business?

Rate each of these questions from 1 to 10 with 1 being “Completely Disagree” and 10 being “Completely Agree”:

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Now total up your scores from the questions.

Write your answer here: _____

Now go back to the earlier section – what was your earlier score? _____

What’s the difference between the two? _____

You should now see a tangible increase in your knowledge. If not then go back and read the content again... *Slowly!*

Congratulations!

Now that you've developed the 30 / 60 / 90 day plan you're well on your way to creating strong habits. Now it's time to get executing! But before we do that, there's one last thing: that's right, it's time to celebrate!

So go celebrate for completing the 30 / 60 / 90 day plan – you'll certainly thank yourself later for completing this, so why not now!