

REMAKING YOURSELF

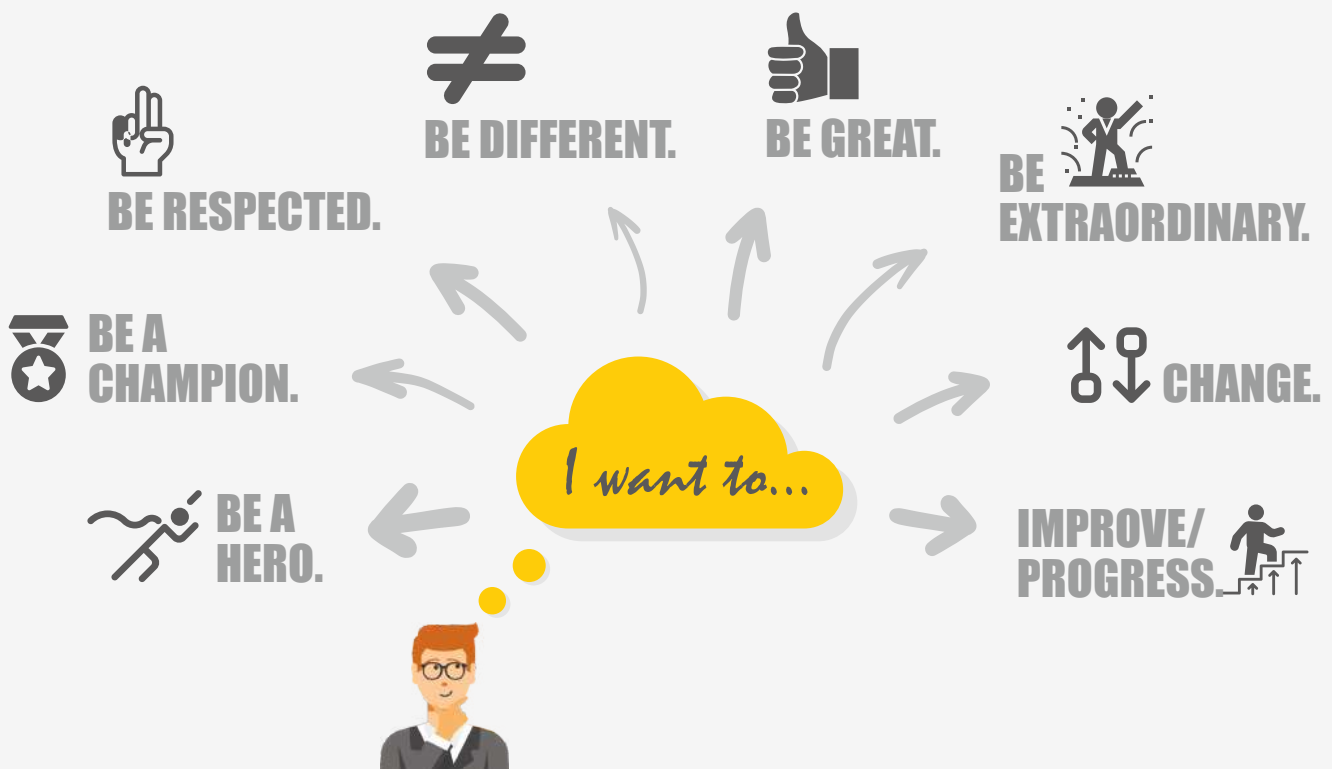


**POWER OF
HABIT**

LESSON-02

A powerful idea that just might revolutionize the way you work and live if you embrace it on a personal level.

Your life will expand or contract in direct relationship to your good and bad *habits*.



To:
YOUTH.

Dear Friend,

Before you enter my world, let me introduce myself. I am your constant companion. I am your greatest helper or heaviest burden. I am completely at your command. Half the things you do you might just as well turn over to me, and I will be able to do them quickly, correctly.

Show me exactly how you want something done, and after a few lessons I will do it automatically. I am the servant of all great people; and alas, of all failures as well.

Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Forever your companion,
Habit

"The difference between who you are and who you want to be is what you do."

~ Charles Duhigg

(And that which you do consistently is called a habit.)



Tom Corley, author of "*Change Your Habits, Change Your Life*" studied 233 self-made millionaires over the course of five years on the daily habits that helped them become successful. Here are the habits they have in common:

HABITS OF SUCCESSFUL PEOPLE



They get up early:
Nearly **50%** of the self-made millionaires wake up at least three hours before their workday started.

TICK HERE



They read, a lot:
A whopping **88%** say they devote 30 minutes or more each day to education or self-improvement through reading. Legendary investor and self-made billionaire **Warren Buffett** says that reading has been the most crucial habit he's developed.

TICK HERE

They make exercise a priority:
According to **Corley**, **76%** of his survey respondents carve out 30 minutes or more for exercise every day. Billionaire **Richard Branson**, says that his morning routine of waking up at 5 am to play tennis or cycle, has doubled his productivity.



TICK HERE

They avoid time-wasters:
Think of time as an investment. Where do we want to invest our time? Where will we receive the best return? Be choosy about the apps you spend your time on. Instead of spending hours on end watching TV or scrolling through Instagram or Whatsapp, think 'where can I better invest my time?'



TICK HERE

*tick the circle next to the habits you would like to implement in your life.

You can find more tips in his best-selling book "*Change Your Habits, Change Your Life.*"

"People do not decide their futures, they decide their habits and their habits decide their futures."

~ F. M. Alexander

"Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and reap a character; Sow a character, and you reap a destiny."

~ Samuel Smiles



Watch Charles Duhigg's TEDx talk about the Power of Habit here:



HOW DO HABITS FORM



HOW TO DEVELOP GOOD HABITS OR CHANGE BAD HABITS?

01.

Identify the habit.

02.

Define the concrete behaviour you want to change or develop.

03.

Make the decision to change the habit and then remain committed.

04.

Be persistent and patient when creating or destroying habits.

"NEW HABITS ARE MUCH LIKE A NEW PAIR OF SHOES: FOR THE FIRST FEW DAYS, THEY WILL FEEL UNCOMFORTABLE. BUT IF YOU BREAK THEM IN FOR ABOUT THREE WEEKS, THEY WILL FIT LIKE A SECOND SKIN."

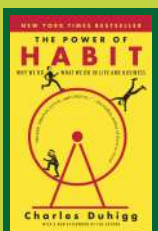
~ Robin Sharma



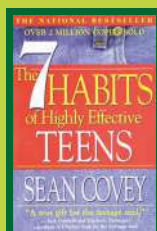
"You are stronger than your habits, so you can change them... [it is] not always easy, but [it is] always possible."

~ Sean Covey

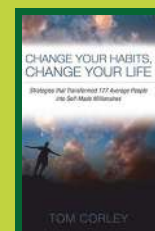
For additional reading:



Power of Habit
(Charles Duhigg)



Seven Habits of Highly Effective Teens
(Sean Covey)



Change Your Habit, Change Your Life
(Tom Corley)

21-DAY CHALLENGE!!!



In his book "Who will cry when you die?" Robin Sharma explains the 'rule of 21'.

"It takes about 21 days to develop a new habit. Yet, most people give up on creating a positive life change only after a few days when they experience the stress and pain that is always associated with replacing old behaviours with new ones."

Does this sound familiar?!

Let's stop making excuses!

We invite you to take on the 21-Day Challenge!

First, fill out the chart below:

SHUT UP & STOP MAKING EXCUSES!

"99% of the failures come from people who have the habit of making excuses."

~ George Washington Carver



Which bad habits do I want to destroy?!	Which good habits can I replace them with?	What excuses do I use to deter me from improving my life?	What is my plan of action!
I wake up too late.	I'll wake up early.	I need more sleep to be productive during the day.	I will wake up at 6 am early to exercise.
I spend too much time on my smartphone.	I will read interesting and inspirational books.	I don't have enough time to read.	I will read my book on the bus going to college.

Now it is time for you to decide! Which one good habit, if imbibed in my life, would profoundly improve the way I live?

Pick one habit and plug it into the 21-day challenge.

For the next 21 days -

BE BOLD. BE BRAVE. NO NEGATIVITY. NO EXCUSES.

“GOOD HABITS FORMED AT YOUTH MAKE ALL THE DIFFERENCE.”

~ Aristotle



WILL I BE ABLE TO DO IT?

Did you know, a rocket uses more fuel during the first few minutes after lift-off than it does over the days that follow when it will cover more than half a million miles.



Once you get past those first 21 days, you will find that staying on course with a new habit will be far easier than you imagined.

IPDC Essentials

You will progress or regress in direct relationship to your good & bad habits.

Habits of successful people: Wake up early – Read a lot – Exercise – Avoid time-wasters.

It takes 21 days to develop a habit.