

10 Power Habits That Will Change Your Life

Monday April 19, 2021

- Next TNL: April 27 at 7:30 Pm CT www.allaboutmannatech.com
- This week's "Product Focus:" GI-Zyme
- Are you on your way to Hawaii with us??? Tracking report is now in SuccessTracker
- FREE Personal Development Seminar with Merri-jo Hillaker and Patrick Dean
Wednesday at 7 PM CT - www.merrijohillaker.com/coursecorrection

Advice by Noah St. John, author of "The Book of Affirmations"

You've heard the phrase, "Small hinges open big doors." Highly successful people are unconsciously doing little things that lead to big results. And if they can do it, you can, too.

Here are 10 Power Habits to help you boost your self-confidence, attract your desires, and be more successful...

1. Take 100% responsibility for your life.

- a. Never blame anyone or anything else in your life again. Until you recognize your own part, your own responsibility ("able to respond") you will recreate these same "blame game" situations forever.
- b. Step into "able to respond." Now life is yours to choose!
You are no longer victim to what is happening around you. You are at choice!

2. Ask yourself what you really want.

- a. You can't get where you're going if you don't know where that is.
- b. Are you too scared to admit it. Ask yourself, "If time and money were no object, what would I really love to be, do, or have?" If the answer doesn't frighten you a little, you may not be asking big enough!

3. Use Affirmations®.

- a. Asking empowering questions or Affirmations®: empowering questions that immediately change your subconscious thought patterns from negative to positive.
- b. Most people are unconsciously asking themselves very disempowering questions. Examples (so you can avoid them!): " Why can't I do anything right?", "Why am I so broke?" "Why can't I lose weight?" Change your disempowering questions to empowering questions like, "Why am I good enough?" and "Why does everything work out for the best?"

4. Stop blaming others.

- a. Blaming others leads to the emotional block called resentment. Focusing on past hurts and slights may give you a feeling of control, but it's a false feeling because the past is gone.
 - b. The quality of your life depends on just two things: the quality of your communication with the world inside of you, and the quality of your communication with the world outside of you. Improve the quality of communication with both worlds that you live in.
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5. Stop blaming yourself.

- a. This is the flip side of blaming others. Blaming yourself leads to inward negativity. Focusing on your mistakes only intensifies feelings of inadequacy and "I am not enough."
 - b. Talk to yourself like you would talk with a friend who is hurting. Would you tell your friend they were "stupid" or "not good enough"? Of course not! Then don't say these things to yourself.
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6. Give yourself permission to succeed.

- a. Most people are driving down the road of life with one foot on the brake. As much as you want something—whether it's more money, to lose weight, be healthier, find your soul mate, or quit a bad habit—your brain is hardwired to keep doing the things it's been doing.
 - b. You must consciously give yourself permission to accept the good things in life, even if it's been years since you've done anything nice for yourself.
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7. Challenge your assumptions.

- a. You are continually forming assumptions about life and your relationship to it, but most of them are unconscious and disempowering. Most people assume negative things like I'll never be very successful or I'm not good enough. If those are your unconscious assumptions (beliefs), your actions will tend to be tentative, fearful, and anticipating failure—and your results will be less than desirable.
 - b. Challenge your assumptions by realizing that just because you've failed in the past does not mean that you are a "failure". "Fail" is a verb that every highly successful person has done. The difference between them and the average person is that highly successful people persist even in the face of temporary failure.
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8. Take out your head trash.

- a. Most people are focused on what they lack, what they don't have, and who they are not. Noah calls this your head trash. Most of us could hardly count the number of negative thoughts we've had about ourselves.
- b. House cleaning time!! Imagine if every negative thought you had was a piece of trash in your home. Now imagine that you never took out the trash. Disgusting! Take out your head trash and you'll find that it's a lot easier to breathe—literally!

9. Keep a Daily Action Journal.

- a. When you wake up in the morning, write down 5 things you would like to do that day. I call this your Daily Action Journal. The key is to make them things you can control. For example, in business "Make 10 phone calls" is something you can control. "Get 10 sales" is not.
- b. Similarly, in life you can control "Drink 8 glasses of water", but you can't control "Lose 10 pounds." The key to happiness is to realize what you have control over and what you don't.

10. Keep a Daily Gratitude Journal.

- a. Every night before bed, write down 5 things you are grateful for.
- b. Of course, problems don't magically fix themselves. However, being grateful and taking focused action will change your life in ways you couldn't have imagined .
