

# The Top 5 Essential Success Habits

All highly successful people employ specific rituals that allow them to get into “their zone”, to get into ‘the flow state’, to stay super focused and to succeed...

These habits or Daily Success Rituals (DSRs) help increase their creativity, productivity, motivation, patience, energy, focus... whatever it is they are trying to achieve...

Do a simple Google search and you will find a plethora of articles and interviews with successful people in their field, sharing their Daily Success Rituals, the things they do each and every day that they attribute part of their success and wellbeing to.



Before you start creating your own ‘Daily Success Rituals’ choose three that resonate with you and what you want to achieve.

Then make them your own. Increase your creativity, productivity, motivation, patience, energy, focus and more with **THREE** Simple Daily Success Rituals.

And remember, you’re not limited to three... once the first three are effortless daily habits choose three more. Then imagine where you will be in a year...

In this Pdf I'm going to share the top 5 Daily Success Rituals of the highly successful. They are meant to inspire you... I recommend that you find three Daily Success Rituals that are personal to you and what you desire.

## #1 Physical Exercise

One of the things you will find is that most successful people talk about doing exercise regularly.

When the author Tim Ferriss asked Richard Branson how he stays super productive he answered: "his work-out". He said his physical activities give him at least four additional hours of productivity each day.



This is definitely one of the top habits of successful people. Regular exercise is probably something you already do but have you thought of dedicating some time each and every day to it?

Choose something that is right for you, something that resonates with you.

There are so many ways for you to succeed at this, so many different things to choose from moving meditations to a full power session in the gym.



While out in India I'm making full use of the array of Yoga teachers here and expanding my understanding. Attending early morning yoga classes each day gaining a deeper understanding and energizing my body and mind at start the day.

If you don't have time for a full session you can still squeeze in short bursts of exercise that can be as beneficial as an hour in the gym, like the 7 Minute Scientific Workout... so you can always manage to make time for exercise.

**Remember: *What works best for you is what works best for you.  
Don't force it.***

If you dislike the exercise you are doing, find a different form. Some people love the rush of working out in a gym, but if running and going nowhere isn't your thing then keep exploring until you find something that you do enjoy. Not everyone can afford a personal trainer to keep them motivated, so an alternative to keep you motivated is joining in classes. Playing team games is another alternative that can help keep you focused as well as making it fun.

Using a DVD or online video series to guide you through a routine will help you stick to your exercise goals. Check out our [Online Course Guide](#) at the back of this Pdf.

Make it fun and focus on what you are doing. Many studies have shown the benefits of focusing your attention on the actual muscles groups that you are exercising whilst you are exercising them.



In fact there are studies that have shown that just visualising doing the exercise increases muscle tone, but not enough for you to lay in bed and do that instead!

## **When to Do Exercise**

Again this is whenever it is best for you, it's your personal journey. Doing it is the most important bit.

However, there are a few factors you may wish to consider...

## **Morning Exercise:**

In a study by the University of New South Wales, they found that exercising in the morning, before breakfast was the best time if you want to do cardio exercise and lose weight.

Your body burns fat for energy in the morning and exercising first thing morning also helps kick start your metabolism waking you up for the day.

Exercise also releases the 'feel good' hormone endorphin giving you a positive start to your day. Many people also attribute higher levels of mental clarity and awareness to regular morning exercising.

## **Evening Workouts:**

If you are wanting to build muscle then doing high intensity workouts in the afternoon could be a better option for you. Weight training and high intensity aerobic workouts are best done when the body has warmed up.

One thing that everyone agrees on though... Doing exercise is better than not doing exercise!

Some of the many reasons for doing exercise that successful people quote is because it gives them clarity and focus, invigorates them and sets them up for the day.

If you aren't currently doing regular exercise now is the time to start. Start slowly and consult a professional before starting any new or very different exercise routine.

*"Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning... even 10 minutes of activity changes your brain".*

**John Ratey, Harvard Medical School**

*"Even 10 minutes of activity changes your brain".*

## #2 Mental Exercise

One of the many wonderful benefits of doing exercise like Yoga is that it's common to meditate afterwards. The benefits of mediating are many and it can give you the opportunity to plan your day.

Many top CEO's spend a little quiet time each morning going inside and planning their day visualising the things that they want to achieve that day.

Getting a **Clear Mental Image** is something that is so important to achieving your goals.



Mental Exercise is anything that you do deliberately with your thinking.

While we know that spending an hour in the gym each day under the supervision of a personal trainer is likely to help you gain the result you want. The same is true of mentally rehearsing what you are going to do that day or how you will achieve your goal. As you rehearse it over and over, it becomes much more likely that you will make it reality.

Mentally rehearsing a speech, the gestures and actions that go along with it works. After all, that's what actors do, it's their job to remember their lines and act in character.



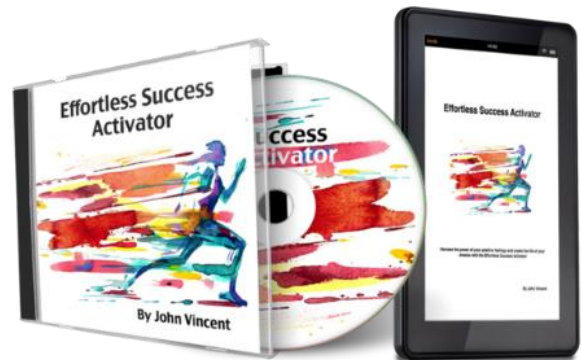
Mentally rehearsing being confident talking to people is just like an actor mentally rehearsing their lines... and the results are that you are going to become more confident.

Almost every personal development program and spiritual development system talks about the importance of

getting a **Clear Vision** of what you want which is, of course, a mental image. Everyone makes mental imagery... some people are not aware of 'seeing' them in their mind or they may be a fleeting image. Learning to become better at visualising is something worth practicing.

Deliberately directing your thoughts and feelings is as important as deliberately directing your physical actions.

When visualising it is important to connect your feelings to the mental images. Check out my Pdf Blueprint and Audio called Efficient Success Activator for full details on how to do this.



Here are a couple of simple exercises you can do to increase your ability to visualise. These may seem simple, but they are very effective.

#1 Hold something in your hand and stare at it. Stare intently at it for ten to fifteen seconds, then close your eyes and imagine it. At first you may only close your eyes for a second or two before you need to open them to see the object again.

#2 This is something I call: The Post-it Note technique. Stick up some post-it notes around your house with different words on them, things you are familiar with, like Laptop, Phone, Shoes, and so on, every time you see one of the post-it notes 'think of/picture' the item written on it. No matter how briefly the thought of it comes to your mind be happy that you are practicing a valuable life skill.

*"The one thing I want to do is center myself every day and make that a practice for myself. Because I'm 1,000 percent better when I do that"*

**Oprah Winfrey**

### #3 The Power of Lists

Making lists is one of the best things you can do to increase your productivity.

A To-Do list is very motivating. Ticking off the things as you do them gives you a sense of fulfilment.

One of the best ways to create a to do list is to create an A, B, C list, this is something that Paul McKenna told me about, and it works so much better than a standard To-Do list.

On the A list you put the things that absolutely must be done that day. A quick note here (and something others may call a habit in and of its self) is to create your To-Do list the day before so you write down your To-Do list of things for the ready for the next day this helps motivate you to get right to it the next day.



It is a good idea to glance over your To-Do list before you go to bed. You don't need to read it, because you have written it and know what is on your list.

In the same way you don't need to 'read' the word 'Exit' in a building or 'Stop' on a road sign, you know what the word says when you see it instantly.

When you cast your eye over the list your unconscious mind 'sees' it again and is reminded of the things on your list.

Creating your To-Do list the night before means that you can visualise it for example during your meditation the next morning (after your exercise). You can picture in your mind the things on your To-Do list and can plan your day.

In the 'B' column you put the things that it would be good to get done that day and under the 'C' heading everything else.

A = Has to be done today  
B = Would be good to get done today  
C = Everything else

One of the things a friend of mine advises his coaching clients, is to create one or multiple Champagne Goals for each week.

This is something that when you achieve it, it is cause for celebration (now I'm not suggesting that you open a bottle every time you achieve one of your champagne goals, nor am I saying don't!)



Rewards are good for you. Doing something successfully, or achieving a goal is something you should celebrate. Rewarding yourself for doing something release the happy chemical in your brain keeping you on track... just don't overdo the champagne!

### **Get it Out the Way**

The thing you want to do the least, get it out the way at the beginning of the day so it isn't looming over you and in your thoughts all day. Stop procrastinating the thing(s) you don't want to do, just get them done.

### **Recap**

- Write your To-Do list the night before
- Use the A, B, C list approach
- Create at least one 'Champagne Goal' each week
- Read or glance at your To-Do list before bed
- Visualise doing the things on your list during your morning Mental Exercises
- **Get them done**



## #4 Know When to Say “No”

Let's face it, there are things that you do that you wish you hadn't agreed to doing. They take up your time and you don't really want to be a part of it. This is where it's best to learn to say “No!”

It is much better for everyone concerned to say ‘no’ to doing something if you aren't able to take it on or simply don't want to do it, because you won't be doing it from a place of love, with a positive mindset. In fact you might even resent doing it and that is certainly going to make the quality of your work much lower.

Doing something you don't want to do or don't have time to do can cause stress. This obviously is bad for your health. Have you ever felt like a weight has been lifted off your shoulders when you say ‘no’ to something? That pressure lifting off your shoulders is good for you, reducing stress and making you feel better.

Also when you say ‘Yes’ to doing something you don't want to do, you could be saying ‘no’ to doing something that you really want to do... There are only 168 hours a week after all and we cannot do everything.

You don't necessarily ‘owe’ anyone an explanation for why you say ‘No’, remember your time is finite and you can only do a limited amount of things.

### Tips for Saying “No”

#1 Eliminate the word ‘But’. It negates what you have just said. If you want to test this try saying the phrase “I love you... but\_\_\_\_\_” to someone you love, or “the report is good... but\_\_\_\_\_”. Everything that came before the word ‘But’ has effectively been erased.

Change the ‘But’ to an ‘And’.

Rather than saying:

“No, but it’s a great idea...” try, “No, and I can tell you’re going to be successful with your idea...”

‘But’ is the linguistic eraser, only use it if you want to actively erase something.

#2 Providing an alternative also helps.

Don’t say “sorry I can’t...” no one likes to hear an apology. It’s much better to say something like, “ohhh that’s such a wonderful offer, thank you... this time I’m going to have to say no because I just wouldn’t be able to give it the attention that it deserves... I hope you find the right person to help you out...”

Explain the implications of saying ‘yes’. If for example someone asks you to do something that you just don’t have time for, politely with good voice tonality, plenty of eye contact and a smile or two.

Or explain that you can do it using the ‘but’ word here because you want to negate that you just said you could do it “I can do it, but I’m going to have to stop doing this other job and won't be able to work on that until after I have finished this project, maybe a week or two...”

This is all about getting more done by doing less of the things that steal your time and energy.

## #5 Life-Long Learner

School may have sucked the fun out of learning for you, but life-long learning is something that every successful person does.

Unsuccessful people have bookcases full of DVD films and shows, successful people have bookcases full of books! I’m not saying



don't ever watch a film or TV program! Downtime and relaxing are important too.

And I'm not talking about fiction books here either, (again I'm not saying never read a work of fiction, indeed some fiction like, *The Alchemist* by Paulo Coelho educates as well as entertains)

*"The masses will be wage slaves as long as the five-cent theaters are crowded and the public libraries deserted."*

**Wallace Wattles, Author of the Science of Being Trilogy**

The books that successful people read educate them about themselves (personal and spiritual development) and their passions, interests and vocations.

*"Learning never exhausts the mind"*

**Leonardo da Vinci**

Your brain has an infinite capacity to learn, unlike a computer hard-drive it will never run out of space.

### **Learning is a Three Step Process**

- 1) First there is the input of information.
- 2) Then there is the internalisation of the information, thinking about what you have learned and originating new thoughts.
- 3) There is the outputting of the information. This completes the learning cycle... but of course the wheel still turns and you can always learn more.

Some people prefer to learn by watching someone do something, others prefer to learn by listening to someone talk, while other people prefer to get hands on and experience doing it.

The truth is that we all learn by each of these methods some people have a preference for learning certain things in certain ways. Learning to swim isn't

something you can learn from a book, nor can composing music be done as a purely visual activity.

So while you may have a preference for listening to an audio book, challenge yourself and grow by reading a book, or vice versa as some prefer to read and find it harder to concentrate on listening. Breaking free of patterns helps you learn and grow.

Sitting on a train or airplane gives you the opportunity to read... driving in a car gives you the opportunity to make use of that 'dead time' and turn it into a learning opportunity with audiobooks.

Of course learning is best done when you are engaged fully in the process such as watching instructional videos and one of the best ways to learn is in groups, at workshops, seminars and teaching...

Read, learn, study, go to workshops or attend online ones, listen to audio books, watch training videos etc... and DO the exercises they suggest.

*"Once you stop learning you start dying"*

**Albert Einstein**

## **Now is the Time to Take Action**

If you wait until everything is perfect before you start chances are you will never start!

These are Five DSR's of the Highly Successful...

- Physical Exercise
- Mental Exercise
- The Power of Lists
- Know Your Mind and Use 'No' More
- Love Life-Long Learning...

And there are so many more.

Implement any of these that resonate with you and your goals. And find your own... do some research, look at people you admire and what their Daily Success Rituals are.

Find more DSR's that resonate with you and implement them into your life.

Have fun with this... design a future 'You' who is everything you want to be.



**\*\* Check Out the FULL Daily Success Rituals Online Course Today \*\***

## **Your Online Course Guide**

I like to travel a lot running fun trainings and retreats in the UK and abroad...

When I am away I take full advantage of all the amazing courses right on my doorstep... I combine Physical Exercise, Mental Exercise and Life Long learning and expand my health and wealth of knowledge by learning from

other masters in their field. And when I am in the UK I put that training to good use and I become my own teacher.

Much as highly I recommend attending classes in person (especially when you begin learning a new skill), the power of being a part of the class and the face to face training is incredible, I understand that not everyone is in the position to do that daily.

And that is where online trainings open up so much possibility.

There are so many wonderful online exercise classes out there that give you the motivation of attending a class but with the convenience of being able to do it at home.

### **Here are just a few examples and links for you:**

**Shape Shifter Yoga:** Get your sexiest body yet without crunches, cardio, or ever setting foot in a gym!

**Yoga for Healing:** Your body wants to heal. a natural way to help that process to take place

**Qigong Secrets:** Learn China's 1500 year old stay young, health and energy secret in the privacy of your own home

**6 Week Shred:** Get a tight body while exercising less than 45 minutes for the entire week... All without leaving your home