

50 POSITIVE HABITS

TRANSFORM YOUR LIFE

THE ART
OF MARGINAL
GAINS



MICHAEL CHAPMAN

50 Positive Habits

Great Habits to transform your life

By Michael Chapman



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Personality Development Mastery -----
----- 2016

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Introduction

First off, thank you for taking the time to reading this guide. This means that you are actively interested in learning about the power and methodology of positive actions in your life. Without a doubt, this is one of the most powerful and effective ways that you can empower, strengthen and grow your business, lifestyle and personality for years to come.

Like everything else in life, though, being positive needs the right mentality. In this book we are going to further investigate this mentality and make sure that we can impress it on those around us. Everything we want to do, and everything we wish to achieve, needs to be driven by the power of positivity.

Here, we're going to break down why that positivity matters and why you can use it. More importantly, we are going to break down the five most important sectors of your life that a positive attitude can improve. We'll help you see how you can change your fitness, your mentality, your emotions, your lifestyle and your productivity. Through these tips and ideas, you can infuse your entire lifestyle with a more positive way of looking at the world.

In this book, you will receive plenty of help and benefits, making it easier than ever to change your mindset and mentality. You'll get help with the following;

- Ideas on how to stay fit and how to start moving yourself towards a fitter, fairer state of body and mind.
- Mental habits to ensure that you have the best mindset possible moving forward to changing and improve your life.
- Emotional assistance, making sure that you can understand how to keep a clear head when you need to most.
- Lifestyle plans and habits which are all about helping you become a more steady, stable influence on your life and the world around you.

Personal habits that are bound to help you change the way that you live, think and operate.

By using this book, then, you will be sure to;

- See consistent and continued improvement in the way that you live your life and work.
- Improve your body, your mind and your mentality to help you get through tough days and make sure you can always be at you best.
- Look fitter, healthier and happier all around. Give your body and your mind the help it needs to run at peak fitness and form.

Does this sound like the kind of help that you have been looking out for? Then keep reading on. This book breaks down the importance of having more positive habits in your life.

By simply having that extra positivity in your life, you can really start to move mountains and make your life in general so much easier thanks to the major improvements it provides.

So, how do I know about this kind of stuff?

Because, much like you, I was there. I used to see everything – and I mean EVERYTHING – in a negative nature. Before long my friends, family, colleagues and clients were sick of listening to me. Everything had a “But” and nothing was allowed to pass without a negative slant. This crucially negative thinking, though, was beginning to reflect on my lifestyle, my goals and my way of thinking.

So, I thoroughly researched every part of my life that I found could be hampered by being more negative – and I found it was something that hampered everything about me. My personality, my mindset, my beliefs, my understanding of the world around me...everything was just so negative!

This is why I made the change to where I am today – and it’s why you can get the same incredible change of mentality, beliefs and lifestyle.

We're going to break down the easiest ways to make these changes, how to keep them in your life, and how to make sure that you can benefit from them as much as possible.

Are you ready to start learning, then? Let's take a look at how you can change your life, your mindset and your chances of success. Everything we'll be discussing can be made far more effective just by looking at how it applies to your own circumstances – I found that everything that will be mentioned fits and tallies perfectly with where I was mentally.

So, how can it help you? Let's find out!

[Click here for more information related!](#)

Fitness Goals and Habits

Before we go any further, it's important to start at the main point – your body. We want to look at how you can make a positive impact in your life in terms of productivity and achieving your goals. However, I found that my mind was not ready for change – the reason being that my body was not strong enough to facilitate it.

So, I looked into fitness goals and habits that I wanted to try and emulate. I got involved with this program and quite quickly found that the tips below helped me reshape, strengthen and optimize my body for improvement.

[Click here for more information related!](#)

Walking Every Day

Why Will This Help Me Become More Positive?

The first idea that I recommend you look into is going for a walk every day. Walking every day is a very useful way to give the body extra exercise.

Applying The Action For Increased Positivity

Simply go for a walk in the first half hour you are up and ready to go. A simple walk around can help get the blood flowing and improve clarity.

How Often Should I Practice?

Every day! This is something I would never recommend getting rid of. It's such a useful way to hone the body and make sure you are in fine working condition.

Life Without This Change

You'll start more days with a lack of passion in your heart and a lack of belief in yourself. Days without activity tend to be lethargic, slow and often fraught.

Life With This Change

By simply walking in the morning, though, you make sure that you get some exercise. Exercise releases endorphins which makes us happier and sharper. Walking every day improves mood; fact!

Staying Active

Why Will This Help Me Become More Positive?

I found that as a consequence of working with a computer, I spent most of my time sitting at home. By standing up every 30mins for 5mins exercise, I improved.

Applying The Action For Increased Positivity

I simply would get up and walk around the office, usually up and down the stairs to get the blood flowing in my legs to avoid any problems with circulation.

How Often Should I Practice?

Every half an hour. Even if you do it once an hour, though, you'll notice a marginal improvement in the quality of your overall fitness which will gradually keep improving.

Life Without This Change

Most of my days would start with sore legs and a lot of pain going through them, with not a lot of mobility. This would only get worse as I age.

Life With This Change

This has literally changed my life. Far more capable of getting around now and my days are more active – even my early walks feel better than they ever had!

[Click here for more information related!](#)

Working Out

Why Will This Help Me Become More Positive?

I found that for just ten minutes of exercise I could work most parts of my body and give myself a much needed workout. Simply doing strength exercises really helped.

Applying The Action For Increased Positivity

Every day I would work something else; chest, legs, arms, thighs etc. and I found that it really helped to improve my mood. I also felt fitter, and more confident!

How Often Should I Practice?

I do this every day and would recommend that you do the same. The benefits can only be positive, leaving your body feeling stronger and your mind running much faster.

Life Without This Change

I just found that my quality of fitness was degrading rapidly. Without doing this, my strength would just keep weakening and my body would keep feeling lazy and lethargic longer.

Life With This Change

Every morning I feel sharper and much more alert compared to how I did. I feel stronger and am more capable of dealing with physical problems without such incredible hardship.

[Click here for more information related!](#)

Jogging on the Spot

Why Will This Help Me Become More Positive?

A great little solution that I found was simply jogging on the spot for the duration of a TV program. I watch a lot of soccer and would jog then.

Applying The Action For Increased Positivity

I simply just have to stand up and start jogging. Since I am concentrating on the TV, I find that I use less mental energy and therefore can keep going.

How Often Should I Practice?

Again, I do this every single day. I find that it has a huge benefit on my overall quality of life and already my cardio is beginning to improve steadily.

Life Without This Change

I would have just kept getting worse and worse; this exercise regime helps me engage with my overall stamina more and makes it easier to stay closer to ideal fitness.

Life With This Change

A major part of my life beforehand was spent watching TV and looking at screens. This simple change has revolutionized the way that I work, improving productivity and my cardio.

[Click here for more information related!](#)

Bedroom Activity

Why Will This Help Me Become More Positive?

If you are that sort of person, then a bit more 'personal time' with a loved one is just what you need. Simply by having sex more, you'll feel stronger!

Applying The Action For Increased Positivity

Regular sex is great for being a stress relief element and can even be used to relieve your body of illness as it helps to boost the immune system long-term.

How Often Should I Practice?

Well, as much as you can! There's no specific amount needed but more than what you do just now should be a suitable replacement; it really is dependent on you.

Life Without This Change

Well, you increase your chances of having worse cardiovascular health and some studies even say it could increase your chance of prostate cancer by a pretty considerable margin.

Life With This Change

I sleep better, my body is in far less pain and I just have a better quality of life. My relationship has strengthened, too, and we feel more comfortable around each other.

[Click here for more information related!](#)

Finding a Habit

Why Will This Help Me Become More Positive?

One of the most powerful ways I found to help myself, though, was to use a habit. I picked up playing puzzle games and it helped to really sharpen my mind.

Applying The Action For Increased Positivity

The reason that I chose to go with a new hobby is because it helps us to really improve our fitness, and our lifestyle. New activities are good for the soul.

How Often Should I Practice?

As often as you can – it depends on what you do. If you decide to join a sports team, for example, make sure you treat it with 100% dedication.

Life Without This Change

You'll just have a far less interesting lifestyle and tend to become more annoyed and frustrated at the limited experimentations you do have. This adds some very interesting variety.

Life With This Change

With this change, though, you will begin to feel far more comfortable as a person. It adds variety to your life and ensures you'll continue to see consistent success as you start to conquer and take on new challenges in life.

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