



**How to Live a Better Life!**

**[www.creating-better-habits.com](http://www.creating-better-habits.com)**

## Introduction

This has been written in answer to the question I am constantly asked

*"What book do you recommend for me to improve my life"*

Until now my answer has been – it depends what you want to achieve – however it has been concluded by a number of top people that although we are all different in many ways we are the same when it comes to what we all want from life.....which is

- **To be healthy**
- **To have enough money (in some cases to be wealthy)**
- **To be Happy.**

Inside this book you will find many topics covered; all designed to help you achieve that Better Life you deserve.

I'm sure you have heard it said "that to earn more you must first learn more" well the same is true about anything in life you wish to do.

Most of us are on automatic pilot most of the time – this is through habit – before we can change our habits we must change our thinking – as thoughts create action and action leads to habit and habits lead to lifestyle and staying where we are, unless we decide to cancel out those habits we don't want and replace them with habits we do want- easier said than done, or is it?

You will find the following topics being covered which are all designed to improve your current situation; Self-Esteem, Goal Setting, Responsibility, Time Management, Motivation and Inspiration along with a number of related subjects.

Should you find the information in this book helpful in any way at all please pass it on to a friend or colleague and share the benefits.

Good luck and enjoy life to the full – you deserve to – and remember you only pass this way once so make it memorable.

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## Chapter 1 – The Right Habits

Let's look a little closer at the meaning of the word habit.

Random House dictionary defines habit in this way:

Habit: An acquired behaviour pattern regularly followed until it becomes almost involuntary.

The important words in this definition are acquired and almost involuntary. Let me ask you a question. When is the last time you sat down and said to yourself?

**"Today I am going to add a new habit to my life?"**

I guess that you have probably never said those words.

### **So what is a positive habit?**

A positive habit is simply a habit that produces positive benefits, actions and attitudes you want to acquire and make part of your life. Why is there such great power in positive habits to effect change? Because habits; by their very nature, are automatic. After a period of time they can become permanent.

So how do we go about adding new positive habit's to our life?

It's really quite simple.

You simply begin repeating an action, attitude or thought process every day for at least 21 days.

Research has shown that an action that is repeated for a minimum of 21 days is likely to become a habit.

Remember that positive habits have positive benefits and you will reap those benefits for as long as you maintain that habit.

Brian Tracy states the Law of Habit as: -

*"In the absence of a specific decision on your part to change some aspect of your life, the natural tendency will be to go on the same way indefinitely. Ninety-five percent of what we do is habit."*

**You can create a new habit by just repeating an activity over and over again for approximately 21 days**

## An explanation of habit by way of a poem

I am your constant companion  
I am your greatest helper or your heaviest burden  
I will push you onward or drag you down to failure  
I am completely at your command  
Half the things you do, you might just as well turn them over to me,  
And I will be able to do them quickly and correctly  
I am easily managed; you must be firm with me  
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 men  
And, alas, of all failures as well  
Those who are great, I have made great  
Those who are failures, I have made failures  
I am not a machine, though I work with all the precision  
of a machine. Plus, the intelligence of a man  
You may run me for profit, or run me for ruin; it makes no  
difference to me.  
Take me, train me, be firm with me and I will put the world  
At your feet  
Be easy with me, and I will destroy you  
Who am I?  
I am a HABIT!

Author Unknown

## **Kick Your Bad Habit – And Keep it Away for Good**

Getting started on a bad habit is easy, but quitting it can be very difficult.

So how do you quit a bad habit you've been meaning to?

Well, if you're looking for answers;

Here are some tips on making a bad habit a thing of the past.

### 1. Define Your Goals.

First, you have to identify the habit you are trying to kick out.

This is the most important step in kicking a habit. If you don't accept that you have a problem, you won't be able to solve it. Write it down and why you want to rid yourself of it.

When you have written it down, proceed to naming your goals. If your goal is to lose weight or quit smoking, then state it boldly.

Along with the goal, you will need to state why you wish to change then add some other data, such as schedules and plans for quitting the habit in question.

When defining your goals, try not to make the mistake of putting in an unrealistic goal. This will only serve to frustrate your attempts, and you could very well see yourself falling back on your old habit!

2. Get Help. You should realize that there are things that are best solved with the help of a friend. A bad habit is one of them. Support groups are a wonderful way to suppress your quitting efforts. Knowing that there are people who are going through the same things you are going through, and who support you emotionally and physically, can greatly increase your will and ability to deal with a bad habit.

3. Substitution. When trying to quit a habit, the stress and anxiety that follows an episode when you cannot get the result you want can be truly unnerving.

One technique to help you overcome this is to try substitution. The best way to quit a habit is to replace it with another habit – one you wish to acquire for your benefit.

As Og Mandino would say you can only replace one habit by overwriting it with another more desirable one.

4. Keep Track of Your Progress.

Progress always is a great motivator for people to stop a habit. To avoid thinking that you are going nowhere, keep a log of your quitting journey, this will encourage you when you think you are not making progress.

And most importantly reward yourself for every milestone you achieve. Don't make the milestones too big – small steps are best. This is a good way to encourage you towards your goal.

To help you stay on track and put your life on autopilot for success we recommend the program "The Power of Positive Habits"

"If greater success, improved self-esteem and happiness are your life destinations, The Power of Positive Habits can take you there! This is a simple but powerful program that can transform your life."

**–Jack Canfield - #1 NY Times Best-selling author of  
"Chicken Soup for the Soul"**

You can get this program from our sister site  
[www.OnlineExpress.info](http://www.OnlineExpress.info)

## The Art of Adapting to Change

One of the main reasons that may hinder us from reaching our innermost goals and desires is our inability to be flexible.

This fact may be hard to swallow, but it's true. We do everything we can to eliminate any type of suffering in our lives, yet challenges and pressures can bring out the best in us.

If you have been burdened by mistakes in the past, learn from them, forget about them, and move on. Some people tend to focus on how bad their lives have been due to these mistakes. As a result, they remained stuck in their miserable lives.

Treat your mistakes as lessons, and apply them as learning references in your future endeavours.

Remember the past is the past – it is gone forever.

So what if you invested in a business and you lose a ton of money? In this situation, some people would remain deeply discouraged for a long time that their personal lives are being affected negatively. They can't eat well and they just stare at the ceiling all night long, thinking how this bad incident happened.

Furthermore, they would probably vow not to venture into new opportunities again. Speaking as someone who has 'the T Shirt' been there done that I can assure you that its not life threatening, OK it maybe disappointing for a while – so what!

You don't have to be like them. If you're afraid to fail, then you risk all your chances to achieve your goals in life. Try again; but this time, be more careful and use your past mistakes as guide maps.

Look at it this way. If you try, at least you get a 50% chance of getting what you want. But if you did not try at all, you have absolutely no chance of attaining your desires in life. It's a no-brainer.

Let's fast forward into the future. Let's say you do try, you create some new habits and you follow through, and you succeed, great congratulations.

This does not mean you'll stay in that situation for good. Problems may rise again, so always be ready to adjust to the current situation.

Keep your determination alive and continue to monitor your achievements and don't forget to reward yourself at various intervals to reinforce that success.

Don't forget - The only thing permanent in this world is change.

If you need to sacrifice something for a better cause, then do it. If you have to miss your favourite show on TV or if you have to deny your friends' invitation to go out on a Saturday night so that you can devote more time to those activities that will lead you closer to your goals, so be it.

You may encounter difficulties. You may receive criticisms. You may even be regarded as being "different" or "strange" by other people. Don't let them discourage you. Just keep on striving, and success will be yours for the taking.

Learn from the past, make it your teacher, and remember you can always find someone who has had it tougher than you.

You are what you repeatedly do.  
Excellence is not an event - it is a habit."

Aristotle  
384-322 BC. Philosopher and Scientist

## Chapter 2 - Your Personal Growth Plan

I imagine you have heard it said that "failure to plan" is "planning to fail"

If you want to grow in this life the good news is that you can, all you need is simple plan of your own because the bad news is if you don't have a plan then you are probably part of someone else's plan – and they have their own interests at heart and not yours.

The other good news is that is not complex or complicated to have your own plan.

Mind you it may be simple but it is not easy – you do need to work at this but it can and has been achieved by many already.

- First you just need to decide what you want from life
- Then start to act in a way that tells yourself and others that you already have what you want (i.e. BE first, then DO then HAVE as opposed to HAVE, DO & BE – back to front)
- Make a list of positive affirmations to help keep you on track
- Enjoy Your Life:
- Change Your Point of View

"Two men look out through the same bars:  
One sees the mud, and one sees the stars."-  
Frederick Langbridge; from A Cluster of Quiet Thoughts

If you've been placed second in a writing contest, will you jump for joy and push for better results the next time or will you be discouraged and find an excuse not to join again?

In life, you are always filled with choices. You may opt to have a pessimist's view and live a self-defeated life or you may decide to take the optimist's route and take a challenging and fulfilling life.

So why nurture an optimist's point of view? And why now?

Well, optimism has been linked to positive mood and good morale; to academic, athletic, military, occupational and political success; to popularity; to good health and even to long life and freedom from trauma.

On the other hand, the rates of depression and pessimism have never been higher. It affects middle-aged adults the same way it hits younger people. The mean age of onset has gone from 30 to

15. It is no longer a middle-aged person's disorder but also a teenager's disorder' as well.

Here's how optimists are in action and researches that back up why it really pays to be an optimist:

Optimists expect the best

The defining characteristic of pessimists is that they tend to believe bad events, which will last a long time and undermine everything they do, are their own fault.

The truth is optimists are confronted with the same hard knocks of this world. What differs is the way they explain their misfortune--- it's the opposite way. They tend to believe defeat is just a temporary setback, that its causes are confined to this one case.

Optimists tend to focus on and plan for the 'problem' at hand. They use 'positive reinterpretation.' In other words, they most likely reinterpret a negative experience in a way that helps them learn and grow. Such people are unfazed by bad situation, they perceive it is a challenge and try harder.

They won't say "things will never get better," "If I failed once, it will happen again" and "If I experience misfortune in one part of my life, then it will happen in my whole life."

Positive expectancies of optimists also predict better reactions during transitions to new environments, sudden tragedies and unlikely turn of events. If they fall, they will stand up. They see opportunities instead of obstacles.

### The Optimist vs The Pessimist (by William A. Ward)

The optimist turns the impossible into the possible;  
The pessimist turns the possible into the impossible.

The optimist pleasantly ponders how high his kite will fly;  
the pessimist woefully wonders how soon his kite will fall.

The optimist sees a green near every sand trap;  
the pessimist sees a sand trap near every green.

The optimist looks at the horizon and sees an opportunity;  
the pessimist peers into the distance and fears a problem.

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