

REMAKING

YOURSELF

POWER OF
HABIT

LESSON-02

A great idea can radically change how you work and live your life if you adopt it daily, converting it into a Habit.

Our good or bad *habits* are crucial in making our lives progressive or regressive.



Dear Friend,

To:
YOUTH.

Before you enter my world, let me introduce myself. I am your companion forever. Being your companion, I can play two extreme roles in your life, a great supporter or a heavy destroyer. I follow your commands. For half of whatever work you do, you can do very easily and swiftly just by relying on me. I will do them quickly for you.

You just need to tell me what you want to accomplish. After practising for some time, I will do your tasks independently! I am a slave of great people, and yes, I am the root cause of failures, too, in the lives of many. Welcome me into your life, work on me, train me, and be tough on me. By doing only this much, you will get control of me, and then I will bring the whole world to your feet. But being soft towards me and taking me for granted, I may also become the cause of downfall in your life.

Forever your companion,
Habit

Case Study Tom Corley

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

- Charles Dahigg

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



Tom Corley, author of "Change Your Habits, Change Your Life", studied 233 millionaires for five years, focusing mainly on their daily habits, which helped them succeed. Here are the habits they have in common:

HABITS OF SUCCESSFUL PEOPLE

They get up early:

Nearly 50% of the millionaires wake up at least three hours before their workday starts.

They read a lot:

A whopping 88% say they devote 30 minutes or more to reading daily to update and upgrade themselves.

Legendary investor and self-made billionaire Warren Buffett says that reading has been the most crucial habit he has developed.

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 his morning routine of waking up at 5 am to play tennis or cycling has doubled his productivity.

They avoid time-wasters:

Consider time as an investment. Where do we want to invest our time? Where will we receive the best return? Be wise and selective while installing apps on your mobile. Instead of spending hours watching TV or on Instagram or WhatsApp, think about spending time more judiciously to get more returns in the form of a better life.

"Take the circle next to each habit that 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."

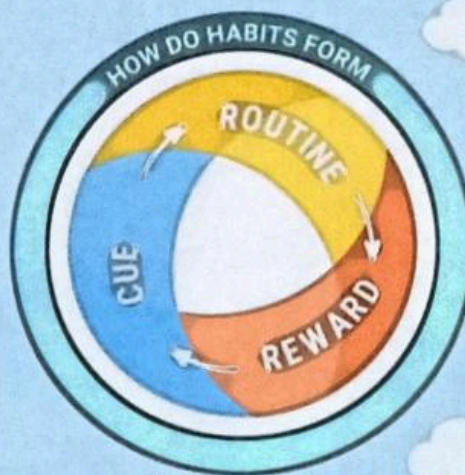
- F. M. Alexander

"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



HOW DO HABITS FORM?



HOW TO DEVELOP A GOOD HABIT OR CHANGE A BAD HABIT?

01. Identify the habit.
02. Define the exact behaviour you want to change.
03. Make a decision to change the habit and then remain committed.
04. Be persistent and patient while changing the habit.

"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."

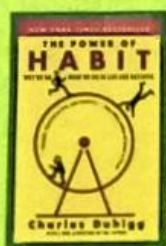
~ Robin Sharma



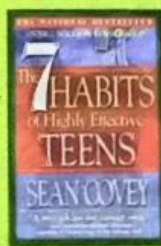
"You are stronger than your habits, so you can change them... [it is] not always easy, but [it is] always possible."

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)

Take the 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."

Do you agree?

Have you experienced the same?

Let's stop making excuses and get started!

STOP MAKING EXCUSES!

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

~ George Washington Carver



Fill the chart below:

Which bad habits do I want to change?	Which good habit I would like to adopt instead?	What excuses do I make to avoid change?	What is my plan of action?
I wake up too late.	I'll wake up early.	I need to have more sleep to be productive during the day.	I will wake up at 6 am for 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 while going to college.

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

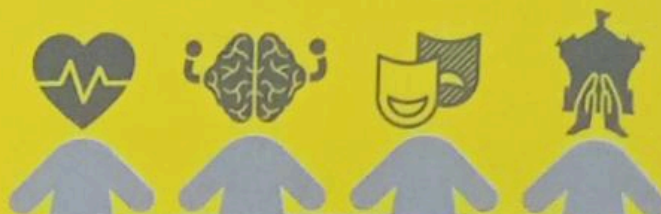
Pick one habit and plug it into the 21-day Challenge.

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?

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

You can use these initial years of your life to shape your successful career by working on your habits.



Once you pass those first 21 days, you will find it far easier than before to live with that habit. You will feel that your fears were imaginary.

IPDC Essentials

Progress or regress of life is determined by your good or bad habits.

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

It takes only 21 days to develop a new habit.