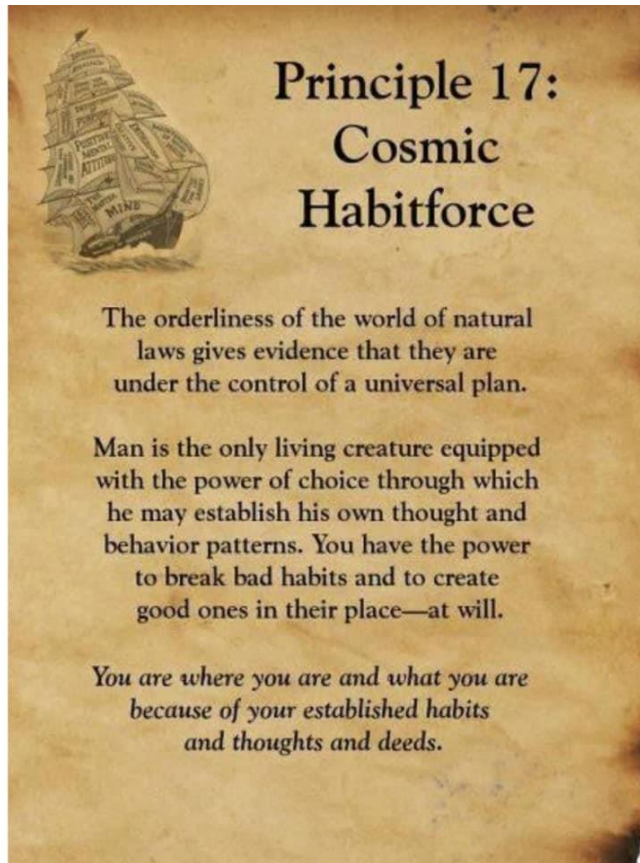


Cosmic Habit Force

Pat yourself on the back

Today is going to be a great day



Habits

Our habits determine up to 90% of our normal behavior – Mark Victor Hansen, Les Hewitt and Jack Canfield from the book Power of Focus

Our habits can be:

Negative

Neutral

Positive

Imagine what would happen if you took a major negative habit and turned it into a neutral habit or a positive habit.

Ultimate Habit – How you treat others

Being a servant
Being loving
Being kind
Being compassionate

Being angry
Being jealous
Being judgmental
Not listening

Habit of accepting your greatness

Habit – I don't ask for the order at the end of my sales presentation becomes I consistently ask for the order.

Use your imagination to answer this question: What negative habits do I have that I can turn into positive habits?

Thinking habits – If you think stressful thoughts you will feel stress. Pivot your thinking away from stressful thoughts

Language habits
Think about the likely predictable future of:

Negative self-talk
Negative I am statements
I am a procrastinator
I am not good at sales
I don't like prospecting
I am not good at recruiting

Everything counts

Change begins in language

Bonus Video – Cosmic Habit Force - https://www.youtube.com/watch?v=XA_GKixn2TA