

10 Habits of Highly Successful People

10 simple habits that'll transform you into the kind of person you've always wanted to be

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Throughout life we will form habits that will have an affect on our lives and our ultimate success. These habits are easy to form but hard to break, especially the bad ones. Understanding what we want for our lives will make it easier to form habits that will lead to a more successful future. It will also make it easier to avoid those nasty habits that tend to hold us back.

Many habits will be simple and routine and they won't take a whole lot to become part of our daily lives. Some however will take a little more discipline, effort, and time to work into our schedule and become like a normal routine. The health, success, and happiness of our future depend on the choices we make now and the lifestyle we choose to live.

Rise and Shine: The Benefits of Being a Morning Person

When it's time to wake up and greet the day do you do so with a smile or with a cranky, "Don't talk to me yet" attitude? There are people on both ends of the spectrum but the ones who wake up with the right mindset are far more likely to make the most of each day.

Early morning hours are the best time to reflect, and get more in tune with who you are and where you want to go. There are so many benefits to being a morning person and beginning your day with the right attitude.

Time to think – When you wake up early while everyone else in the family is still asleep you have time to be alone with your thoughts. There are no phones ringing or children needing your undivided attention. You have ample time to be creative, think about the day ahead and what you want to accomplish, and even do some quiet meditation.

This is your time to contemplate on decisions that need to be made and the progress you want to make throughout the day. In this fast paced world it seems like there is rarely a moment to stop, take everything in, and just be. This is one of the many benefits of waking up early and starting your day off right.

Productivity – If you start your day by giving yourself a few extra hours in the morning you are bound to be more productive throughout the day. There is an open window of opportunity when you give yourself more time to plan, prepare, and take action. There are not nearly as many distractions in the early morning to keep you from accomplishing what needs to be done and you will find that time goes by faster because you are doing more throughout the day.

Try giving yourself an extra hour or two in the morning and see how much more you can accomplish. Those who take advantage of that time should see a greater amount of success in their life and business.

Breakfast time – Giving yourself some extra time in the morning will allow you eat breakfast, which is by far the most important meal of the day. Eating a healthy meal for breakfast gets your creative juices flowing, and allows you the energy to start the day off on the right foot.

So many people wake up rushed and wind up skipping breakfast altogether. This leaves them feeling groggy, unmotivated, and sluggish during the day. It's important to make breakfast part of the morning routine not only to give yourself the best start to your day but simply because it's healthier to do so.

Time for Exercise – Working out is something that people tend to skip because they simply don't have enough time. Waking up earlier gives you more time to start an exercise routine. It's been said that the early morning is the best time to work out because it leaves you feeling energized and

ready to take on the world. Combine that with a healthy breakfast and you can't go wrong. It not only makes you feel great but it will be much easier to stick to once you have a specific time to work it into your schedule.

No matter how you have started the day in the past, you can always begin anew and make the most of those early morning hours. Those who take advantage of this time understand how important a few extra hours can be to having a successful day. Once you get into the habit of doing this you will find it's much easier to wake up feeling happy, energized, and ready to start the day. Follow a few of these tips and you will be on your way to a less stressful, more productive life.

Eat Breakfast: Success Begins in the Morning so Don't Skip this Important Meal

How many times have you woken up in a hurry, got ready, and rushed out the door without a second thought to eating breakfast? We've all been there and have suffered the consequences when mid-morning hits and we are starving and ready to eat the first unhealthy thing we come across. Avoiding this trap and making breakfast a part of your daily routine can not only add to the success and productivity of your day, but also begin your path to a healthier lifestyle. Here are just a few benefits of this important daily meal.

Increased energy level – You will find that by eating a healthy breakfast your energy level is much higher throughout the day. You will be more productive and less inclined to eat that unhealthy bag of chips calling your name. Breakfast provides the right kind of nutrients our body needs to get through the day and be the best version of ourselves. We will be much more likely to focus on productivity when we routinely give our bodies the fuel it needs to carry on.

Weight Control – It's been said that those who tend to eat breakfast in the mornings are more likely to lose weight or simply not weigh as much. That being said, it makes sense because we don't find ourselves bogged down with those nasty cravings that come with not eating anything in the morning. We tend to make healthier choices throughout the day when we aren't starving and looking for anything to satisfy us. You need breakfast to get give your metabolism a boost so you can burn more calories throughout the day.

Happier and Healthier – Eating breakfast routinely every morning will not only start you on the path to a healthier life but also cause you to have a better, happier attitude. We are mentally and physically able to focus on things that matter when we give our bodies the right kind of nutrition. This means staying away from sugar and caffeine and consuming more whole grains, dairy, and fruit. Studies have shown that people who skip breakfast tend to be grouchier throughout the day. When you deprive your body of the fuel it needs it affects all aspects of your life.

There are huge benefits to getting into a routine each morning and eating a healthy breakfast. This one meal sets the tone for the entire day and our mood and physical well-being is affected by it. You will not only be more productive but your overall health will improve by just making a few changes to your daily routine. Rather than rushing through those early morning hours give yourself a little more time in the morning to plan a healthy meal. The success of your day depends on how you start it out.

Mind your Mindset: Success is all in your Head

Your mindset is either your greatest strength... or your biggest weakness. It determines how you view life, your attitude towards what happens, and how you will react. Those who have a positive, growth mindset are much more likely to succeed at what they set out to accomplish. The mindset we have can hold us back or take us to our highest level. It all depends on how we think, what we think, and the actions we take thereafter. What are some ways you can ensure your mindset is geared for success? What are some characteristics that sets one person apart from another?

No Limitations – A person with a growth mindset doesn't allow themselves to have limitations. They believe they deserve to succeed in life and will do what it takes to get there. They don't go moping around, claiming to be a victim of the economy believing that they are stuck where they are at. They prepare, they plan, and they take action. They don't believe the naysayers and follow through with what they start. These people see their potential and don't limit themselves based on the fear that they are not good enough or smart enough. They make things happen.

Facing Fear – Just because someone has a mindset that is geared for success doesn't mean they never feel fear. It just means they face it head on. They don't let the "what if's" stand in their way and they use obstacles as stepping-stones on their journey. Fear is the biggest thing that holds people back from their best potential. Whether it's fear of failure, fear of being laughed at, or fear of success itself there are an endless amount of reasons they can use to stay where they are at in life. It's the ones who don't let that mounting fear stop them that become the most successful, best versions of themselves. They make it a goal to step out of their comfort zone and do things that most people do not.

Focused Purpose – Those that understand why they do what they do and have an idea of where they are going in life have the strongest mindset. Having a focused purpose in life makes it so much simpler to overcome obstacles because you know what you are ultimately working for. This is the starting point to success. You must figure out what you want to work towards. This can only be done through a growth mindset and someone who thinks outside the box. Finding your purpose in life will not only allow you to focus on what's important but it will be much easier to follow through and truly go for what you want.

Your mindset can be your greatest tool for a successful life. It will hold you down for a lifetime if you let it. Having a growth mindset allows the world to be at your fingertips because you don't close your mind to anything. Everyday there is a new possibility for success for someone with this type of mindset. Don't hold yourself back with senseless limitations and fear just because you don't know what the future holds. Taking that first step outside your comfort zone could be the breath of fresh air you need in your life.

Develop Good Eating Habits: Transform the Way you Cook with these Healthy Tips

Creating healthy eating habits begins in the kitchen. This is the place where food is cooked, meals are created, and habits are formed. We get into the habit of quick and easy meals simply because we don't have the time to cook for hours. This can mean using the wrong ingredients, rushing through a recipe and not really thinking about the calorie and fat content, and forgetting what you are really putting into your body. It's not impossible to develop good eating habits even when you are pressed for time. These are a few tips that will help you keep it healthy while you cook.

Healthier portion size – When it comes to creating a meal for your family you don't need to overdo it on the amount. Make sure you keep your portion size big enough to feed everyone but not big enough to feed everyone two or three times. This will help you lose a few unwanted pounds and you will also see a drastic change to your grocery bill if you just buy what is needed.

Stick with whole, fresh foods – Avoid processed foods like the plague. They have no nutritional value and bring nothing into your home except bad eating habits, extra fat content, and cabinet full of unhealthy choices. Whole grains, and fruits and vegetables make much better choices when it comes to cooking a meal for the family. You can even go organic if you choose but the important thing to be mindful of what you don't want in your kitchen. Do your research about processed foods and you will understand why you want to avoid them.

Watch the salt – Sodium is one of those things that is highly overused especially in processed foods. We sometimes make a habit of using too much while we are cooking as well. There are other spices and seasonings that can be used to add flavor to the meal without adding a ton of unhealthy salt to the mix. A person is only supposed to consume so much sodium each day. The next time you prepare a meal think about this. You might be surprised at how much goes into the food you prepare without even thinking about it.

Broil or Grill – These are a couple different ways you can prepare your food in order to get the healthiest meal possible. Avoid deep-frying when you cook. The end result is that these methods don't allow as much fat to be consumed because it drips away in the process. You can also bake your chicken, seafood, vegetables, and other meats in the oven for a healthier choice.

There are many ways you can ensure better eating habits for your family and it begins in the hands of the chef. If you can make a few slight changes in the way you cook and what foods you bring into the house, you will begin to see those bad habits disappear. Make sure you involve the whole family when making this decision. Once everyone is on board you can begin to make the changes that will benefit your life and health forever.

Get Out of Your Own Way: Unhealthy Habits that are Holding You Back

Throughout life we will make the choices that will form good or bad habits in our daily routine. Those bad habits are the ones that will potentially put us on a path to an unhealthy, stressful life. Once we recognize what these bad habits are it's easier to form a plan of action to eliminate them altogether. It will take some effort and discipline in order to maintain a new way of life but it is doable. We tend to stand in our own way most of the time and that is what holds us back from change. What are these habits that hold us back from a successful, happy life?

Perfectionism – Feeling the need to be perfect all of the time will not only do harm to any progress you could make but it also does something to your self-confidence. You will constantly feel like you come up short if you are always striving to be perfect. Let's face it, no one is perfect and you don't need to be. Success doesn't depend on perfection. It depends on your ability to take action and follow through with the goals you set. You can't be truly happy if you are always reaching for something that will never happen. Understanding this about yourself is the first step in overcoming it. Make a plan, take action, and put it out there. If it's not perfect at first don't stress about it. There is always time to make changes and improvements.

Comparing Yourself to Others – This is one of the biggest mistakes we can make as humans. We are all different in a way that is unique to each and every one of us. We damage our own self worth by comparing our life with someone else's because we always come up short feeling like we are not good enough. Every person, every situation, and every life is unique. There are circumstances in one person's life that brought them to where they are today. You can't compare your journey to theirs simply because of that. It's important to value yourself and what you have to offer because it is enough.

Worrying – Some people spend so much time worrying about the outcome of a situation that no action is taken. This means nothing gets accomplished and any goals they've set will fall by the wayside. Worrying is a useless emotion. It does nothing but torment us into conjuring up scenarios that will never come to be. No one knows what the future holds so what is the point of worrying about it? Worrying that a business venture will fail or a product launch will fall flat are just one of those things that can happen on the road to success. Whatever will be will be. There is no sense in ruining your day and stressing over issues that may or may not happen.

We have a way of backing ourselves into a corner with some of these unhealthy habits. They not only keep us from achieving the success we deserve but also messes with our confidence and self-esteem. We can overcome these habits through discipline and consistency. Focus on the

habits you have and take the steps to get past them. Read books, do research, and be persistent when it comes reaching your goals and creating a healthy, stress free life.

Snack Right: 5 Healthy Snacks to get the Creative Juices Flowing

Choosing the right kinds of snacks to eat during the day can be tricky. We are bombarded with the unhealthy, caffeine induced, sugary items each and every day, which makes them hard to avoid. It's important to choose the right kinds of foods and snacks in order to maintain our health. Certain foods can help boost our brain power and get those creative juices flowing. This is extremely important when you need to rely on creativity to get the job done. Here are a few snack ideas that will give your brain the fuel necessary to jumpstart your creative process.

Oatmeal – This healthy snack is a perfect way to start the day. Oatmeal is a super food that gives your brain power a boost and promotes cardiovascular health. There is a ton of fiber and protein that will sustain you and help you avoid snacking in between meals. Oatmeal also helps to fight cholesterol. This quick and easy snack is perfect for anytime of the day.

Blueberries – This smart snack item is a must have when it comes to stimulating brain activity and getting those juices flowing. You can eat them by the handful or mix them in with other fruits and make a smoothie. Either way you are getting the benefits of one of the best brain foods out there. It's also been said that blueberries are one of the best anti-stress foods that you can eat.

Walnuts – One of the best snacks containing Omega 3 fatty acids are walnuts. Omega 3's are great for boosting brain power and also promote great cardiovascular health. You can eat walnuts by themselves, put the in a smoothie, or eat them on a salad. There is no limit to the amount you can eat so this is one snack you can make as part of your daily routine.

Sunflower Seeds – this tiny snack is full of the nutrients necessary for high-level brain power. These seeds are packed with Vitamin E and have been known to lower cholesterol. As with walnuts you can eat these on a salad or simply by the handful. Because of the Vitamin E contained in sunflower seeds they can also rid us of the anti inflammatory symptoms that come along with asthma, joint pain, ulcers etc.

Whole Grains – When you choose to make whole grains a part of your daily snacking routine you've already put yourself on a path to a healthier lifestyle. Brown cereals, rice, pasta, and bread are all on the list of smart whole grain brain boosters. These foods have been linked in preventing certain diseases and allow us the steady supply of energy we need to get through the day.

With all the unhealthy choices we face each day, it's hard to pick those snacks that will give us the boost we need to get through the day. It's important to get in the routine of making better and healthier choices when it comes to the fuel we give our bodies. The right kinds of foods will jumpstart our brain activity and give us the creative boost we need to accomplish our goals and be one step closer to the success we desire.

Create Healthy Habits and Kick Those Bad Habits to the Curb

Creating a lifestyle that is centered around healthy habits takes work, focus, and some discipline. It's much easier to latch on to bad habits simply because they don't take much effort to form but a lot of effort to kick. If we understand ahead of time that we want to avoid these bad habits life would be much easier and healthier. However what happens when we have already formed a few bad habits that we desperately need to kick to the curb? Here are some tips on kicking the bad out and inviting a new set of healthy habits in.

Create a plan of action – Unless you truly know what habits you want to improve on it won't do you much good. Start by creating a plan of action, set some goals, and take baby steps to move away from the bad and into the good. For example, if you want to quit smoking, decide on a time

frame. When do you want to be completely smoke free? Decide and then take action. Make small changes to your daily routine. Change over to an electronic cigarette or don't smoke as many cigarettes a day as you are used to. Small changes can add up to big improvements over time with a little consistency and determination.

Find a partner – Anytime you make changes in your life it's important to have someone to lean on. It could be a family member, best friend, or co-worker just choose someone who knows you and will support you and your changing habits. Accountability partners are important in this process because they won't let you stray from your ultimate goal. They keep you on track and focused on the goals you have for yourself. This person can't be scared to give you their opinion and hurt your feelings a little bit just for your own good to keep you on the path to success.

Cut yourself some slack – Understand that there will be moments you will fall back into some bad habits. Just don't let this deter you from your overall goal. Keep moving forward even if you slip a little bit and find ways to make your journey worthwhile. Reward yourself if you stay on track for a couple weeks at a time. Give yourself something to look forward to as you make these lifestyle changes. Don't be so hard on yourself when you do mess up. It's important to keep your eye on the goal and not let a few mess-ups ruin your day.

Kicking bad habits out of your life is not impossible. It just takes some focus and will to succeed. The pros of creating a healthier lifestyle far outweigh the pain and discomfort you will feel as you move from bad habits to good. Start off by following a few of these tips and give yourself a pat on the back for beginning this journey. The first step to a better life is understanding the changes you must make and taking action to make it a reality.

Beat the Stress: Healthy Habits that help Maintain Calm

Stress is an unhealthy disadvantage of living in this fast paced go-go culture. We get so caught up in work, family, children's activities, grocery store runs, and keeping the household running smoothly that we end up creating a daily routine of unhealthy habits. It doesn't have to be this way, however. We have the ability to make better choices, beat the stress, and live a life that allows us to breathe and enjoy each minute. What are some healthy habits we can pick up that will help maintain a sense of calm and keep us stress free?

Meditation – Begin the day with a meditation session. It doesn't have to be extremely long but even 10 minutes of quiet and calm will make a world of difference on how the day unfolds. Wake up a half hour earlier and make time to get in touch with your goals for the day and what you hope to accomplish. It doesn't take much more than finding a quiet spot where you won't be bothered. Take advantage of that time to focus on breathing and just being in the moment.

Journaling – Writing down your thoughts for the day help to rid your mind and body of unwanted stressors that bog you down. Getting it all out of your head and down on paper has a calming effect that makes any situation seem better. You can do this in the morning or when you are unwinding during the evening hours. Just pick a time that feel comfortable for you and make it a daily routine.

Sleep – This may seem like a no brainer however, it's surprising how many people don't allow themselves a good night's sleep. If you deprive yourself of this time of rest you will begin to let stress creep in and issues that come along will seem bigger than they really are. Remember to let yourself unwind a little bit before going to sleep. This will prevent you from laying in bed thinking about the events of the day and in turn, not being able to fall asleep easily.

Reading – This is a great way to let your mind unwind from a long day and get you prepared for a restful nights sleep. If you're not into reading that much you can always choose the audio version

of the book and listen while you relax. You can also get up early in the morning and choose this time to read if that fits your schedule.

There are many ways to maintain a set of healthy habits in your daily routine. It just requires a little bit of planning and the will to take action to make your life as calm and stress free as you want it to be. Find out what activities fit your family life and schedule and set some goals for everyone involved. Your whole family can benefit from this and you will see a noticeable difference in the stress level all around.

Sleep Tight: A Good Night's Sleep is the Key to Better Brain Power

It may sound cliché but a good night's sleep is imperative if we are to reach our full potential in life and business. Our brains don't function at the highest level if we neglect this part of our nightly routine. Studies have shown how sleep deprivation can affect our memory, our cognition, and our ability to make proper decisions.

What are some ways we can ensure a good night's sleep so that our brains function to maximum capacity?

Figure out how much sleep you need – First and foremost you need to determine how much sleep your body needs to feel fully rested. This is different for everyone. How many hours a night do you usually sleep? Do you feel fully rested after that amount? Start setting a schedule and go to bed at a certain time each night to see how many hours your body normally rests. This will help you get a nightly routine in place. Once you start being consistent you will notice how much more refreshed and energized you are to sleep the same amount of time each night.

Take naps – If you tend to lose a few hours of sleep here and there make sure to give yourself time to nap during the day. Don't make it a habit to sleep late but rather take a power nap or two to get back that time you missed. You will be surprised at how much better you feel after a nap or two. Naps re-energize our brain and eliminate that fuzzy, sluggish feeling that comes with being tired. If you begin to notice yourself not sleeping well at night try eliminating naps for a while until you get back on schedule.

Unwind – Give yourself ample time to unwind at night before going to bed. Engage in some calming activities that will take your mind off of the day's events and allow your mind to clear. Reading, taking a hot bath, meditation, or taking a leisurely walk are ways to help yourself de-stress and get your prepared for a great night's rest. You will be surprised at how well you sleep if you maintain this routine each night. Consistency is the key.

Maintaining a good night's sleep is important if we want to become the best version of ourselves. If we hope to meet our goals, achieve success, and be happy overall we can't deprive ourselves of one of the most important parts of our daily routine. Find a daily routine that works for you and be consistent about following it. Making sleep a priority in your life is one of the most important things you can do for your future success and happiness.

Live Longer with these 5 Healthy Habits

Throughout our lives we will form habits that will improve our quality of life and some that will not. The most important thing we can do is take control of our lives and habits we pick up over time. Although it's true that no one knows how long they will live, there are steps we can take to ensure we are being as proactive and healthy as we possibly can. Allowing certain habits to become a part of your daily routine will not only enhance your life but attribute to your overall health.

Exercise – Finding an exercise routine that fits with your schedule and your comfort level is one of the most important things you can do for your health. Whether it be walking, jogging, yoga, or working out at the gym as long as you keep your body active and moving your health will reap the

benefits. Exercise makes you feel great and gives you a sense of accomplishment. Exercise also goes hand in hand with eating healthier and making better choices in that area of your life as well.

Healthier Eating – Those that want to get a jumpstart on a healthy life know it's imperative to make wise choices in the kitchen. Start bringing whole foods and fresh fruits and vegetables into your home. Stay away from the processed, unhealthy choices that line the aisles at the grocery store will give you a great head start. This can be difficult at first if you are not used to making healthy choices. Discipline is required to avoid the over advertised products that hold no nutritional value and will only lead to more unhealthy habits down the road.

Follow your dreams – This may sound cliché but going after something you want in life will do wonders for your overall health. It makes sense that if you are doing something you love you will live a life that is healthier, more fulfilled, and happy. This is simply because you are letting nothing hold you back from following your heart and carving out your own path to success.

Maintain your relationships – People need other people in their lives in order to have a more fulfilling life. Social interaction is necessary for people to form a strong network that will be there for them when needed. Those who go without that special bond are prone to bouts of depression and loneliness. Throughout our lives it's important to take advantage of these connections, nurture, and maintain them.

Forget about retirement – Instead of retirement, find a career or vocation that you don't need or want to retire from. When we have a reason to get up every morning our minds keep working, our health is better, and our daily routine is intact. Without something to work towards many people fall into a downward spiral because they stop putting their talents, skills, and mind to work.

Creating healthy habits will not only enrich the life you currently live but also give you a much better change of living a longer more fulfilled life. With any good habit comes discipline and effort. Once you make these changes the benefits will far outweigh any pain or discomfort you went through in the process. We all want to live this life for as long as possible and making these habits part of your daily routine will give you a huge jumpstart in that direction.

Conclusion

It's important to notice the habits you include as part of your daily routine. These habits, both good and bad, affect every aspect of your future health and success. There is a correlation between choosing to live a life full of healthier, more fulfilling habits and the level of success those daily habits bring. Your sleep patterns, what you eat, and the types of activities you engage in now all have an affect on what the future will hold. Creating a plan, taking action, and allowing some of the better habits to enrich your life will have a direct result on the amount of success you achieve throughout your lifetime. All it takes is a little time and effort to maintain a routine that will benefit you for years to come.

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