

Habits of the most successful people in the world!

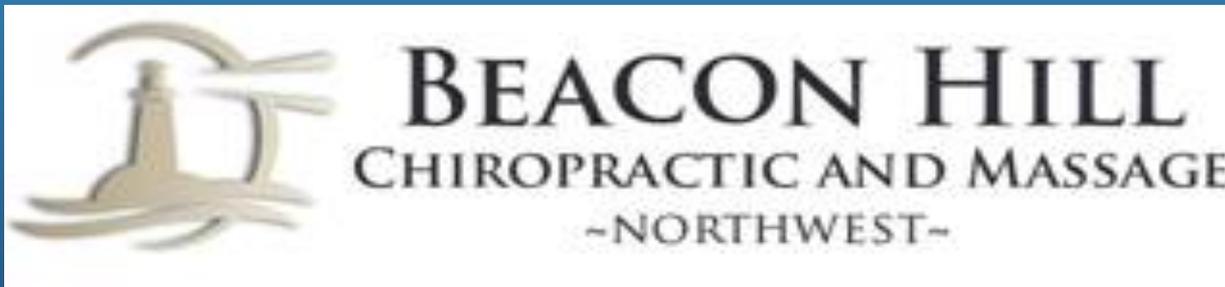
Beacon Hill Chiropractic and Massage
Calgary, Alberta



BEACON HILL
CHIROPRACTIC AND MASSAGE
~NORTHWEST~

Our mission is to....

*Change lives through
inspiration, empowerment, and
excellent health care delivery*



Our team...



*“We present to you today because...
to achieve our mission and commitment of life
changing empowerment, we feel education is a key
to unlock everyone’s potential in life!”*



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Basic Beliefs Systems of Life

- Your beliefs create certain feelings and your feelings are an energy that releases an intelligence and creativity within you that knows exactly what to do to create the reality of your beliefs...and does so automatically and unconsciously.
- So...if you believe you have a weight problem, health problem, money problem or problem of any kind, then...ZAP your mind is compelled to create the conditions of your belief

Basic Beliefs Systems of Life

- Your mind will always find a way to create the realities of your beliefs regardless of
 - outward appearances
 - your past experiences
 - the facts
 - anything, anything, anything and that is why
- An idea becomes a belief when your imagination “makes believe” that the idea is a reality. The energy of “making believe” is the same energy as “believing”. And thus you automatically create the reality of what you are “making believe” you actually “believe”.

Your Beliefs Create Your Reality

- **The Cookie Thief** by Valerie Cox

- from Dr. Wayne Dyer and written in the book Chicken Soup for the Soul by Jack Canfield

A starting point for discussion

- Fill your minds with only great ideas because ideas have the power to change your life.
- Ideas create feelings (emotions), and feelings shape your attitude. Attitude and feelings create your beliefs, and influence your behavior. Your behavior turns into habits, and your habits create your life's results.
- Good habits or Bad habits. This is a choice!
- Maybe we need some new or refreshed ideas!

Background on our topic

- Napoleon Hill's life work and passion

“Timeless foundations for all life coaches and gurus”



Napolean Hill (1899 - 1908)



- *“Whatever the mind can conceive and believe, the mind can achieve”*



Defined Purpose

- Focus your actions and thoughts on one high and desirable goal in life.
- Write your Higher Purpose out. Answer these 2 questions.
 - Who or what do you want to be?
 - What do you want to do?



Mastermind Alliance

- The habit of working in complete harmony with others for the attainment of a specific objective.
- Everyone needs to align themselves with others who share the same vision of a better world in the area of interest they hold.
- Athletes need to be around other athletes, and get coaching from mentors or others who already have experienced success.



Going the extra mile!

- The habit of doing more than is required of you with the expectation of receiving greater compensation from direct or vicarious sources.
 - Consider this the Golden Rule of Great Service to all!
 - Also think of this in terms of Karma.



Applied Faith

- The habit of acting as if you already have what you want in life.
- This reflects on the concept that what you think in your conscious mind, feeds your subconscious mind and it will lead to the emotional manifestation of your reality.
- “Make believe until you believe.”



A Pleasing Personality

- The habit of being generally agreeable and friendly with people.



Personal Initiative

- The habit of starting tasks that are important to you and seeing them through to completion.
- Goal setting basics apply here.
 - Specific, measured, attainable, relevant, & time bound
 - Reviewed every day to create a “memorized impression”
- Keep it simple. Complete it.



Positive Mental Attitude

- The habit of looking for the positive side of every situation in life - especially during times of turmoil and adversity.
 - Attitude is a small thing that makes a big difference.
 - Confidence and enthusiasm are two key ingredients of PMA
 - Perhaps, watch less news and avoid negative social media!



Napolean Hill (1899 - 1900)



- *“Everyone faces defeat. It may be a stepping-stone or a stumbling block, depending on the mental attitude with which it is faced.”*



Enthusiasm

- The habit of keeping yourself energized by focusing your life on what you love most.

- To live in a way that is inspired by God(s).



Self Discipline

- The habit of choosing not to make negative choices that will cost you more than you gain.
- Every choice you make should move you in the direction of your goal(s).
- Ask yourself questions like
 - “Does this help me?”
 - “What am I doing now? Does this behavior serve me?”



Accurate Thinking

- The habit of making decisions and forming opinions that are based on factual information and tangible evidence.
- Make sure your information is first hand, authentic, and do not assume or take all things for real.
- F.E.A.R. - False Evidence Appearing Real
- Worry - *“the indigestion of the mind that comes from thinking, but not doing!”*
- ASSUME - “ASS” out of “U” and “ME”



Controlled Attention

- The habit of prioritizing your time and energy to stay focused on what is most important and beneficial
- Time management is a basic skill of life for success.
- Time management Matrix
c/o Dr. Wayne Dyer

		URGENCY	
		High	Low
IMPORTANCE	High	1 Urgent and important Do it now	2 Important not urgent Decide when to do it
	Low	4 Urgent not important Delegate it	3 Not important not urgent Dump it



Teamwork

- The habit of recognizing the value of getting support on your quest to achieve your goals, and maintaining synergy with those around you.
- “The whole is greater than the sum of the parts.”



Napolean Hill (1899 - 1908)



- *“All achievements, all earned riches (tangible & intangible), have their beginnings in an idea.”*



Learning From Adversity & Defeat

- The habit of learning from adversity and defeat and making gradual improvements because of those experiences.

- *A champion is not marked by people who have never fallen, but by people, teams and organizations who have gotten back up and learned from the experience.*

Dr. Michael Schmolke



Creative Vision

- The habit of visualizing the things that you want most and the actions that will help you to acquire them.
- Visualization helps you crystalize your mental images and circumstances that you prefer.
- Without visualization, you allow your fate to be handed to you by chance and the “mentality of the prevailing environment you are in”. If it is negative, YIKES.
- This can be done during the day or at night before bed.



Maintenance Of Sound Health

- The habit of keeping your energy level up by eating healthy food and participating in physical exercise.
- Recognize that the mind and body are inseparable, and both must be in great condition for mental, physical, and emotional success.
- This speaks for itself.



Are There Any More...?

Move

Eat

Sleep

Breathe

Poop

Here is 5
specific
health
habits for
you to
consider



Budgeting Of Time & Money

- The habit of taking time everyday to move closer in your definite major purpose and saving money to ensure steady financial growth.
- Each day should include some efforts to be taken to move you in the direction of your major purpose.
 - Major outcome activities
- Mother Teresa - On purpose? Yes she was?
 - Did she focus on money?
 - Did she build steady financial growth?



Cosmic Habit Force

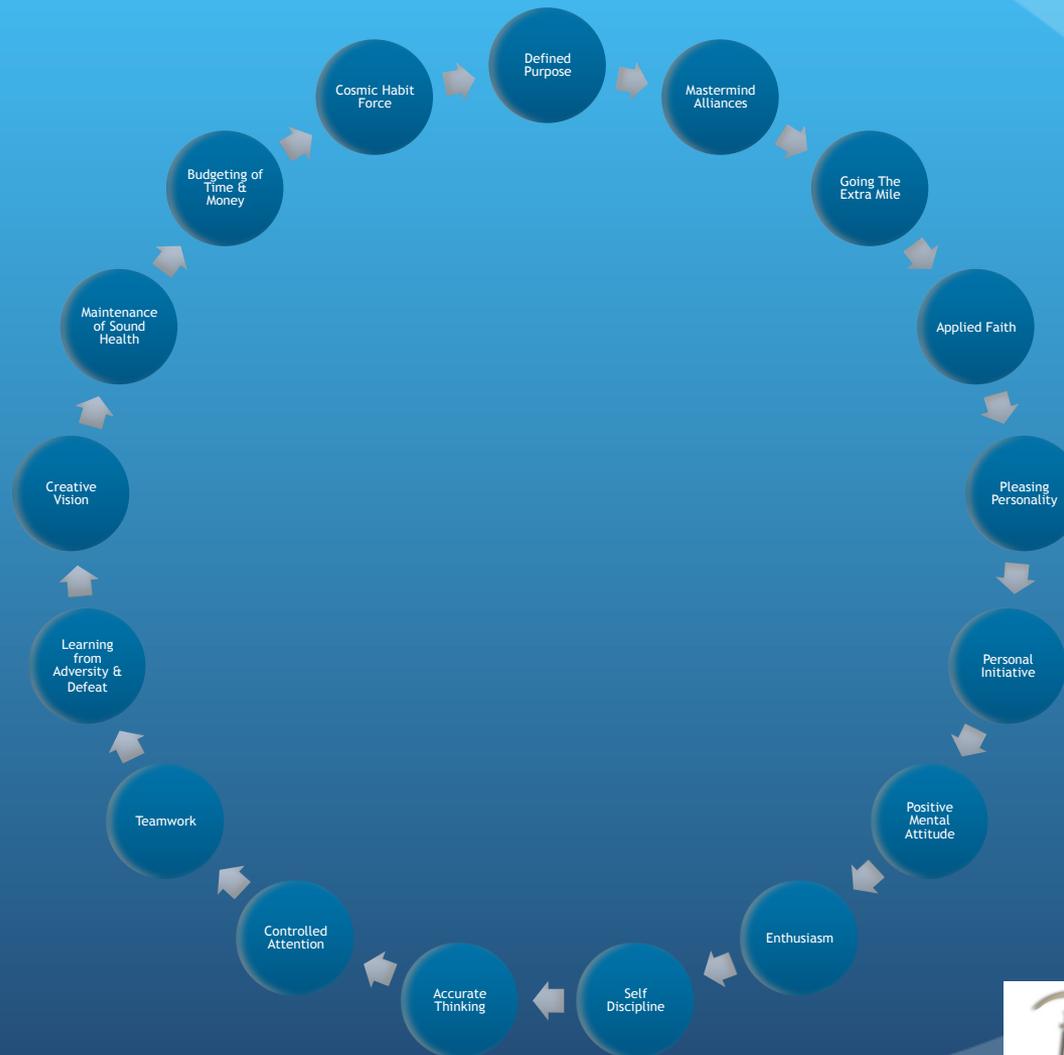
- The habit of repeating desirable thought patterns and behaviors until they become effortless and self-moving.
 - Review your Major Purpose daily
 - Review your Goals daily
 - Practice affirmations daily
 - Visualize daily
 - Practice PMA daily
 - Be grateful daily



Some inspiration from a great...

- Les Brown -
 - “If you had to live your life over again, would you accomplish more than you have done?”
 - “Your success is directly related to your mindset. Too many people suffer from possibility blindness.”
 - “Mold and shape your mind via books and programs.”
 - “What we think about, we bring about!”
 - “You get in life what you are, not what you want!”

The Common Top Habits of the World's >500 Most Successful People, Regardless of Age, Color, Ethnicity, Industry, Passion, Sport, Art, or Politics



Upcoming workshops



Mental Health/Anxiety/Depression

Feb 2016

Shape Up for Spring

Mar 2016

Cancer Awareness

Apr 2016

Dangers of Sugar

May 2016



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