



Deborah Bringelson's
Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*

Day 4 – Habits

The Great Destroyer ~ Break the Habit!

Have you ever noticed the little things you do every day without even thinking about them? If you're like most people, you have a routine you go through from the moment you wake up, until the moment you go to sleep.

For me, it's: meditate and appreciate while still lying in bed and before waking fully, feed the cats, automatic writing, moving my body, coffee, some outdoor time if the weather is cooperating, and then either a little esoteric reading or listening to something inspiring or educational. Most days, I don't get into the office much before 11:00 or noon.

Routine can be comforting, but it can also be destructive. For example, one routine, I slipped into several years ago was having a few glasses of wine every night. Now wine in and of itself isn't destructive. But a few glasses would lead to late night nibbling, then to another glass. It became a routine. A way to wind down and end the day. And all of that wine and nibbling led to more and more weight being added to my body.

When I really thought about it, I realized that often, I didn't really "want" the wine...or the food. But, it became a habit, I did it without really thinking about it. After realizing what I was doing, I made a conscious choice to switch to tea for my evening routine. It was just as relaxing, just as satisfying, it led to no nibbling.....and I began sleeping much more deeply. (Which as you will learn in later modules is incredibly important because sleep and dream time is an awesome time for creating and manifesting. When you wreck your sleep, you wreck your ability to create what you want!)

What habits do you have in your life?

Certainly, not all habits are bad. When she was little and still living at home, when I got up in the morning, the very first thing I did was hug and kiss my daughter and ask her how she was doing, genuinely engaging her verbally and energetically as we started our day. That's a good habit. It bonded us, let her know she's loved. And we started the day with endorphins created in that loving hug.

Brushing your teeth. That's another great habit. 😊

But what other habits do you have that aren't so great?

Are you pro-active or reactive in your day? (We've got great tools coming up in a future module on this one.)

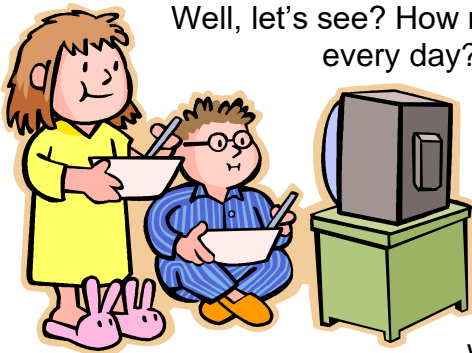
Does email run your life?

How about social media?

Do you watch or listen to the news or things like "true" crime podcasts?

How about TV? Are you creating success or getting your Ph.D. from the University of Netflix?

Are You Wasting Your Most Precious Commodity?



Well, let's see? How much time do you spend in front of the plug in drug (TV) every day? How much time do you spend every day playing video games? Does that add value to your life? Does it add \$\$ to your bank account.

Say you want to make \$200,000 a year.

If you take only two weeks of vacation a year, do not work weekends, and do not miss any work because of sickness or other activities, you have to earn \$810 a day or \$101.25 an hour to reach that \$200,000 goal.

At that rate - the hours that you're watching TV are costing you \$101.25 an hour. Here's how it works:

Take 365 days in a year

Subtract 2 weeks for vacation = 351 days to earn \$200,000

Subtract weekends – 100 days = 251 days to earn \$200,000

$\$200,000 \div 251 \text{ days} = \$810/\text{day}$

$\$810/\text{day} \div 8 \text{ hrs. a day} = \101.25

The national average for TV watching is 7 hours a day. If you spend just 5 hours a day watching TV, you've spent \$506.25/day (\$2,531.25/week) on the electric drug. How much value has that added to your life.

Is the latest TV craze really worth it?

Here's what your Hourly Rate for Watching TV is if you want to Earn....

Yearly Income	Daily Income	Hourly Rate
\$100,000	\$405	\$50
\$500,000	\$2024	\$253
\$1,000,000	\$4048	\$506

Quantum Success Action Items

Small actions taken on a daily or routine basis can quickly give you a sense of accomplishment and forward momentum...or they can significantly sabotage your success. Are your habits or “success practices” supporting or destroying your success?

1. Do this [Life and Career Assessment](#).
2. In the areas that you have targeted for change, begin noticing the little actions that you do every day, without even thinking about them.
 - Make a list of those that are supporting you.....and you want to continue. List A.
 - Make a list of those that you not supporting youand you want to stop. List B.
 - For the next 21 days, every time you notice that you're doing something on list B., immediately stop and do something creative and supportive.
3. Turn off the TV. If you just can't turn it off.....
 - Before watching anything ask yourself, “Does this add value to my life?”
 - Limit yourself to only 1 show a day
4. Make a list of other ways you are sabotaging your wealth.
 - Procrastination – not getting going
 - Allowing or wanting someone else to be responsible for your wealth
 - Fear (we'll cover this in another module)

5. **Make a list of as many things as possible that you can do to change your behavior and begin creating your wealth**
6. **Do at least one of them every day!**