

MODULE 1

LIFESTYLE THAT BREEDS SUCCESS



In This Lesson

How to create a lifestyle that propels you towards your goal



Lifestyle That Breeds Success

There are so many aspects to full life transformation. It's not about just making one or two changes here and there. It takes over your whole life. Your lifestyle habits are no exception.

1. Lowering personal expenses
2. Simple personal life
3. Incubator environment

Bonus: work a damn job



Lifestyle That Breeds Success

Most people are living a lifestyle that is holding them back from their goals.





A prosperous lifestyle gives the illusion of security while actually making you fragile, weak and vulnerable to unexpected change.



“Most Americans are one or two missed paychecks away from financial ruin. Not tough times or temporary penny-pinching. Utter financial ruin. That should terrify you.”





THE LOW HANGING FRUIT

Lowering Personal Expenses

The first thing you should do is focus on lowering expenses. Instant financial impact. More money in your bank account in the first 30 days.

How much are you spending on personal expenses per month right now? Cut it by 50%.

1. Downsize the big 3 (rent, food, car)
2. Stop buying anything you don't need. No more shopping.

Be extremely aware of every purchase you make.

If you aren't willing to make sacrifices for your goals, your goals end up being the sacrifice.



Simple Personal Life

Save hanging out with friends & family for the weekend. Monday - Friday is your time to work towards your goals.

One of the best skills you can ever develop is the ability to say “NO”.

Protect your time and save it for the things and people that really matter.

“The less you hear from me, the more I’m doing.”

If you aren't willing to make sacrifices for your goals, your goals end up being the sacrifice.



Incubator Environment

Create an environment that will feed your goals.

For 99% of people, this is a case of addition by subtraction. Just remove things.

The Facebook group is your online community.

“You become an average of the 5 people you hang around the most.”

If you aren't willing to make sacrifices for your goals, your goals end up being the sacrifice.



If you're really serious about this changing your environment...





Move to Chiang Mai, Thailand

A wide-angle photograph of a beach lounge during sunset. The scene is filled with people relaxing on colorful beanbag chairs and under large umbrellas. The sun is low on the horizon, casting a warm, golden glow over the ocean and the beach. In the foreground, a woman with long blonde hair sits on a yellow beanbag chair, looking out towards the sea. To her right, another person is lying on a yellow beanbag chair under a large blue umbrella. The beach is crowded with people, some standing near the water's edge and others sitting on the sand. The overall atmosphere is relaxed and social.

Or Bali, Indonesia

Southeast Asia

Live well on less than \$1,000 a month.

Simple personal life.

Incubator environment: Community of people building online business just like you.



Conclusion

It's really just about sacrifice.

