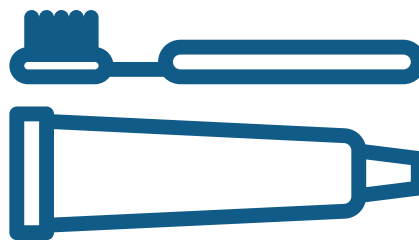


Habits and Daily Rituals



In this process, we are trying to establish what are the habits of the client and what daily rituals they have in place to ensure they are working on the business and being effective in their roles and the work they are doing.

Habits are formed in many different ways. Everything, from what we have been shown, what we have been told, and what we believe is going to be the best things to serve us and protect us at some point.



Brushing your teeth is a great example. Most people do it as a habit, They really have not thought about it in terms of its effectiveness and its results. It is drummed into our programming from a very young age by our parents and something we had to do twice a day because that's what they were taught when they were kids. Guess what, we will teach our kids and grandkids to do the same morning and night. Why? It's just a habit we have programmed ourselves to do.

In the business world, it's critical that business owners adopt good habits and rituals and understand the reasons why and can see the benefits of why habits can change their life and road to success.

Below is the renown basic 7 principles behind the success of highly effective people adopting good habits and practising them

Habits of Highly Effective People



SHARPEN THE SAW.

Don't work yourself to death. Strive for a sustainable lifestyle that affords you time to recuperate, recharge and be effective in the long-term.

BE PROACTIVE.

You have a natural need to wield influence on the world around you so don't spend your time just reacting to external events and circumstances. Take charge and assume responsibility for your life.



BEGIN WITH AN END IN MIND

Don't spend your life working aimlessly, tackling whatever job is at hand. Have a vision for the future and align your actions accordingly to make it into a reality.

PUT FIRST THINGS FIRST.

To prioritize your work, focus on what's important, meaning the things that bring you closer to your vision of the future. Don't get distracted by urgent but unimportant tasks.

THINK WIN-WIN.

When negotiating with others, don't try to get the biggest slice of the cake, but rather find a division that is acceptable to all parties. You will still get your fair share, and build strong positive relationships in the process.

Habits of Highly Effective People (cont.)



SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD.

When someone presents us with a problem, we often jump right to giving a solution. This is a mistake. We should first take time to really listen to the other person and only then make recommendations.

SYNERGIZE.

Adopt the guiding principle that in a group, the contributions of many will far exceed those of any individual. This will help you achieve goals you could never have reached on your own.

