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Habit And Momentum

By Gordon Bryan

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Habits are hard to break and easy to form.

Is that true?

Well, to an extent, yes.

The longer we keep a habit, the more it becomes part of our subconscious, and breaking it does indeed take a lot of hard work from the conscious mind.

The hardest habits to break, and the easiest to form, are usually the ones which make us feel good!

The hardest to **form** and **easiest** to break, are the ones which we impose on ourselves to try and change our lives.

This is because they usually involve sacrifice of some sort.

It might be effort to exercise, it might be missing out that slice of cake, and it might be saving some extra money instead of treating yourself.

Our subconscious won't like these habits, and at the slightest opportunity, will drop them like a stone, and march us straight back to the old habits.

Fear of change also plays a part in this, our old habits are comfortable, even if we know they are unconstructive to our lives.

When it comes to self-improvement, I see and read it so many times, that people feel great when they read a book or go to a seminar, and make

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changes in their life with great intentions.

However, once the initial enthusiasm wears off, or they don't see immediate results, they go right back to how they were before, and eventually get cynical about the self-improvement industry.

Obviously you are not like this my friend, or you wouldn't be reading this little old article!

I have 2 points about getting round this problem of motivation wearing off.

Firstly, read some sort of self-improvement message every day, and this

can be a message you write out on a card that you keep by your bed, and can read before and after sleep.

This is powerful for programming the subconscious.

Incidentally, most people that 'poo-poo' an idea like this, have never tried it!

Secondly, imagine one of those 'Strongest Men in the World' shows on TV, where a huge mountain of a man is trying to pull a 50 ton truck with his teeth.

His eyes are popping, veins bulging on his neck, but the truck doesn't move.

Then the truck wobbles, and slowly begins to edge forward.

The crowd cheers, and the strongman starts to walk forward, grunting like an elephant.

If he stops, he is in trouble, because he has to start all over again with the eye-popping, but if he keeps going, it gets easier for him, because the truck picks up momentum, and begins to move by itself.

The man still needs to pull, or the truck will stop, but the man's effort has been reduced to keeping up the movement, and nothing more.

This is due to the laws of physics, and can be applied to goal achievement and life change.

You need to keep going until your life picks up the new momentum, and even then, you need to keep putting in the effort.

Intention to form new habits is great, taking action to form new habits is even better, but it won't amount to anything unless you accept that you

need to keep working until the momentum kicks in!
(It **always** does eventually!)

*****Gordon Bryan's new book, `Transform Your Life in 21 Days!' has been described as `a must read', `awesome', and `a true gem'. If you liked this article, see the book for yourself at:<http://www.transformyourlifenow.com>*****

Creating Momentum For Your Home Business

By Ken Leonard Jr

Have you ever experienced momentum in your home business activities? If so, then you have really been working to make things happen for yourself. Great job. If not, you probably don't even know that momentum exists. Everything will seem easier for you when you can get the ball rolling. That means working hard consistently and staying focused as best you can.

If this sounds like work, you're right. I hope you know by now that a **free home business** does not exist. The phrase sounds so ridiculous, but thousands of people still search for that term on the internet daily. There are many people out there that actually believe that you can make a living online without doing anything.

The fact that making a living from home does require effort is actually a good thing. It keeps the wannabees out of the way of the people that are actually making things happen. You'll see that when you put more work into your home business, you will develop a sense of momentum. Before long, the work seems easier and you are more able to focus. The money comes in more steadily then, too. The bottom line is -- You will be getting more done on a regular basis.

Momentum is an important asset to have when working toward any goal. If you won't do what it takes to get your home business up and running, momentum will always be out of reach. That will make achieving your most desired goals that much harder.

Doing what it takes does not mean checking your email ten times a day. It does not mean spending most of your spare time in front of the TV, either. Momentum can only be achieved by continuous effort and total focus on your main goal. If you are committed to having a successful home business, this should be no problem for you.

The best way to maintain steady effort is to never forget the big picture. Remember your ultimate goal every day and let that motivate you. You will soon achieve the momentum you are searching for. That momentum will in turn help you reach your ultimate goal.

Once you enjoy momentum with your home business you will kick yourself for not getting with it sooner. Having momentum behind you helps to get through the **downs** of business and helps you ride the wave during the **ups**. Working hard now to get your momentum going later will make your life a lot easier sooner. And that's the whole idea, right? You bet.

Home Business Success Coaching... Ken Leonard Jr. publishes New Marketer Ezine. You*ll get useful advice EVERY week to help you make a living online from home. If you are really serious, see what others are saying about New Marketer today...

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