

**THE RICH HABITS GUIDE
TO CHANGING YOUR**

DAILY HABITS

by Tom Corley

40% of all of our daily activities are habits. This means 40% of the time we are all on auto pilot. 40% of the time we don't even think about what we are doing during the day. We are all in zombie mode 40% of the time. Now, if we have good daily habits then this is a good thing. But if we have bad daily habits then this is a bad thing. Without much thought we are all either on the path to creating wealth or poverty, without ever knowing it. Daily habits are responsible for our wealth, poverty, happiness and unhappiness.

Our daily habits come primarily from our first and often only mentors in life – our parents. If our parents do a good job raising us with Rich Habits then we will likely grow up to become very wealthy and very happy. If our parents do a bad job raising us with Poverty Habits then we will likely grow

up poor and unhappy. This is the true cause of the wealth gap in America and it is the reason the rich get richer and the poor get poorer.



WHAT IS A HABIT?

A habit requires four things (The Habit Loop by Charles Duhigg)

Cue

This is the trigger that awakens a craving for something.
This might be the McDonalds golden arches.

Craving

The brain signals it wants something.
This might be a McDonalds hamburger.

Routine

The activity required to end the craving.
Eating a McDonalds hamburger.

Reward

The craving is satisfied and goes away.
You finish the hamburger and are now satisfied.

Where do you learn these Rich Habits and Poverty Habits?

If you are raised in a wealthy home the odds are greatly in your favor of learning these Rich Habits and becoming a wealthy adult. If you were raised in a poor home the odds are greatly in your disfavor of learning Poverty Habits and wallowing in a life of poverty.

Habits are stored in our Basal Ganglia, which is smack in the middle of the brain. The brain intentionally isolates our habits away from the rest of the brain. This allows the brain to function more efficiently since very little brain processing power is required to initiate a habit. This is intended to be a good thing as it frees up the brain for other important functions. If you have Rich Habits this is good because without much thought you are moving toward wealth. However, if you have Poverty Habits, this is a bad thing because without thought you are moving towards poverty.

If you have Rich Habits then you are on auto pilot to accumulating wealth and becoming rich. If you have Poverty Habits then you are on auto pilot to accumulating debt and becoming poor. The good news is that habits can be changed. There is a process. In my book, Rich Habits – The Daily Success Habits of Wealthy Individuals (www.richhabits.net) I will show you exactly how to change your habits. I will show you exactly

how to re-invent yourself. It takes just 30 days to get rid of your Poverty Habits and replace them with Rich Habits. After 30 days you will be on the track to unlimited wealth accumulation and your life will change forever. For more information on changing your daily habits download my free report titled: How to Re-invent Yourself at: http://richhabitsinstitute.com/Free_Reports2.html

My name is Tom Corley. I am the author of Rich Habits - The Daily Success Habits of Wealthy Individuals (www.richhabits.net). I spent 5 years studying the daily activities of 233 wealthy people and 128 poor people. What I discovered was that wealthy people have vastly different daily habits than poor people. In fact, I tracked 140 daily activities that separate the wealthy from the poor and in this article I will highlight 20 of these activities. These Rich Habits are the financial equivalent of the Holy Grail. Because there is no research like this of any kind, these discoveries are revolutionary and will challenge everything you thought you knew about becoming wealthy. The Rich Habits will transform your life from one of financial failure to one of unlimited financial success beginning in as little as thirty days. I will show you how easy it is to reinvent yourself in these 30 days. In order to become wealthy you must learn how to walk in the footsteps of the wealthy and this means You must adopt the habits of the rich.