

41

Quotes

TO CRAFT YOUR

HABIT RECIPE

AND LIVE THE

LIFE

YOU'VE DREAMED OF...



HABIT
CHEF

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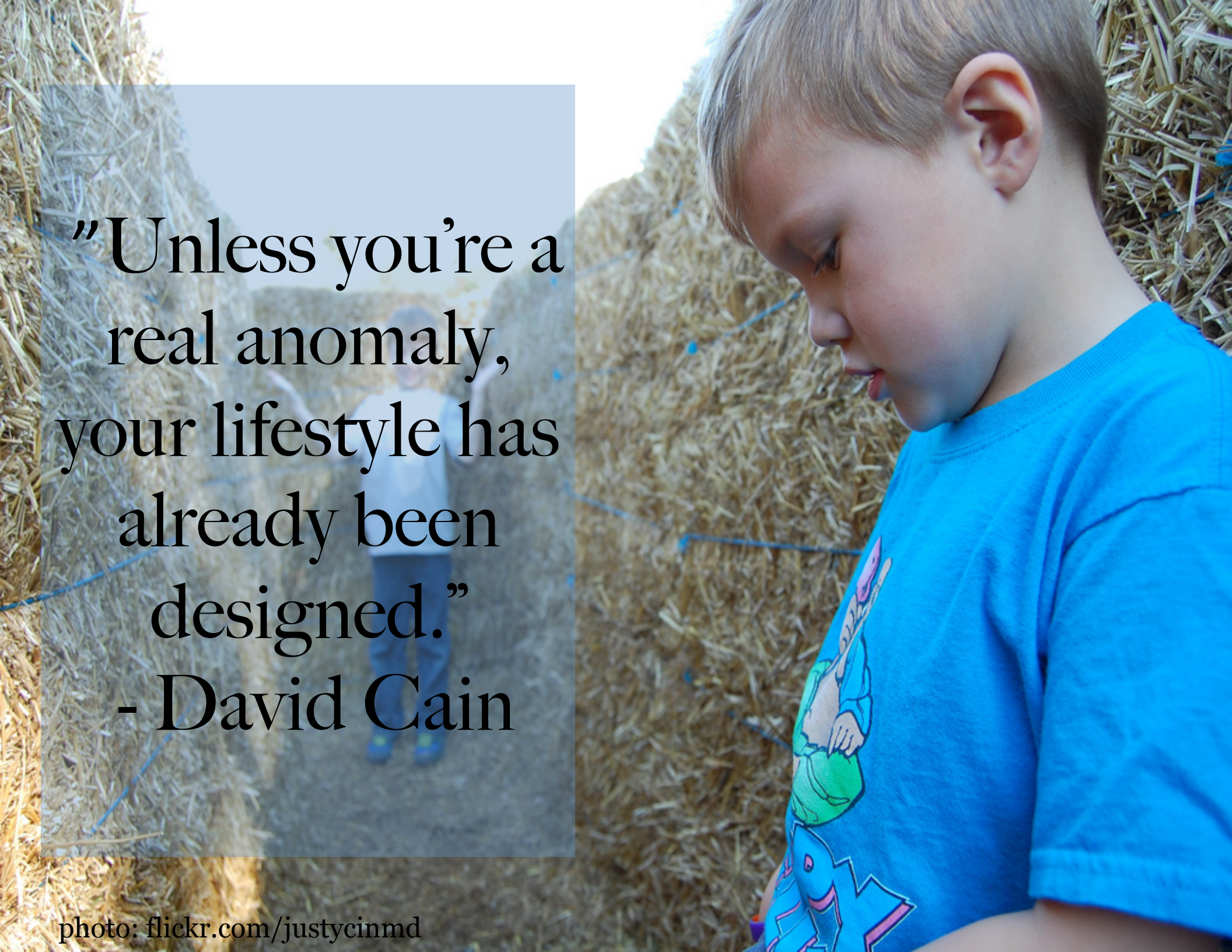


Step One: Recognize the Propaganda



“The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society... We are governed, our minds molded, our tastes formed, our ideas suggested, largely by men we have never heard of.”
- Edward Bernays



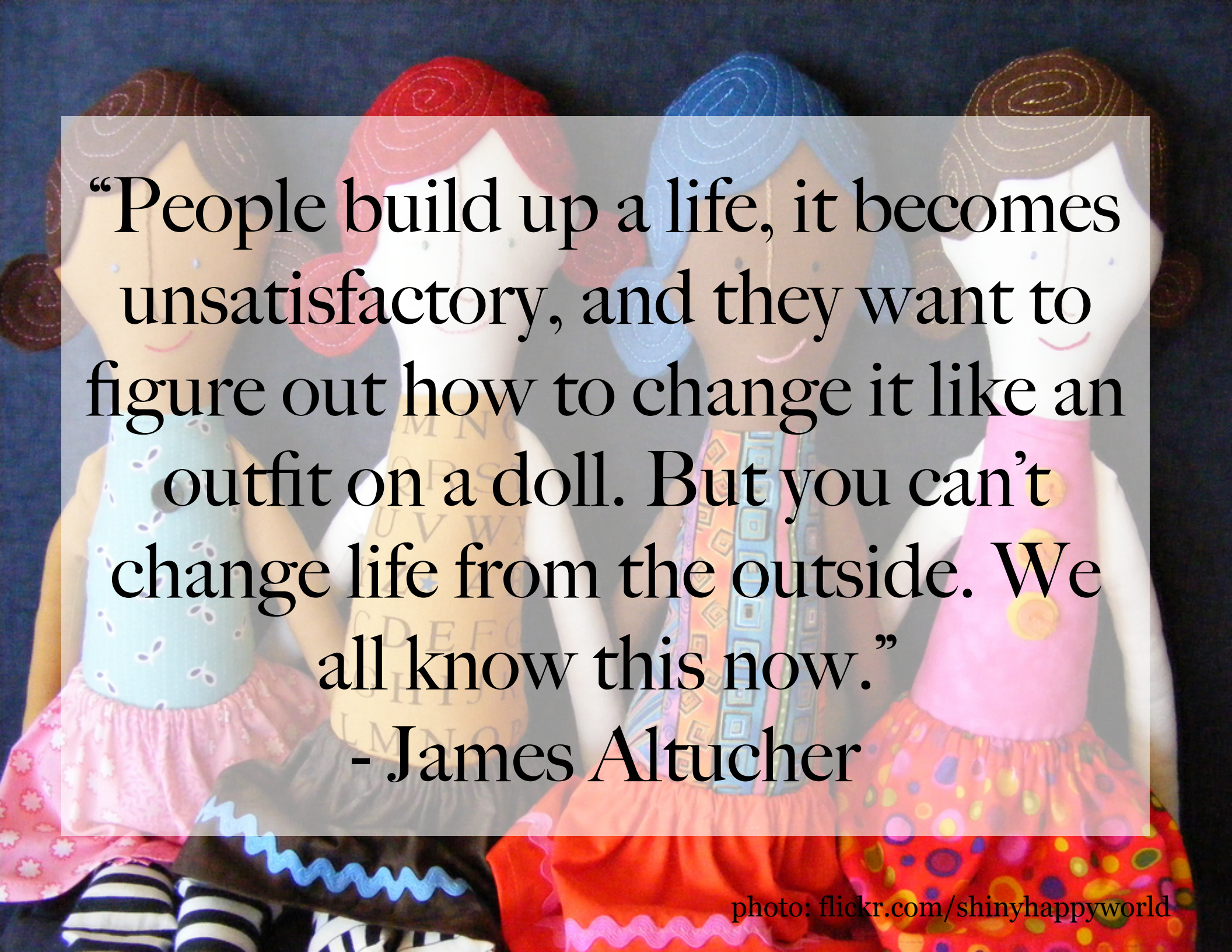


“Unless you’re a
real anomaly,
your lifestyle has
already been
designed.”
- David Cain



“All our life, so far as it has definite form, is but a mass of habits.”

- William James

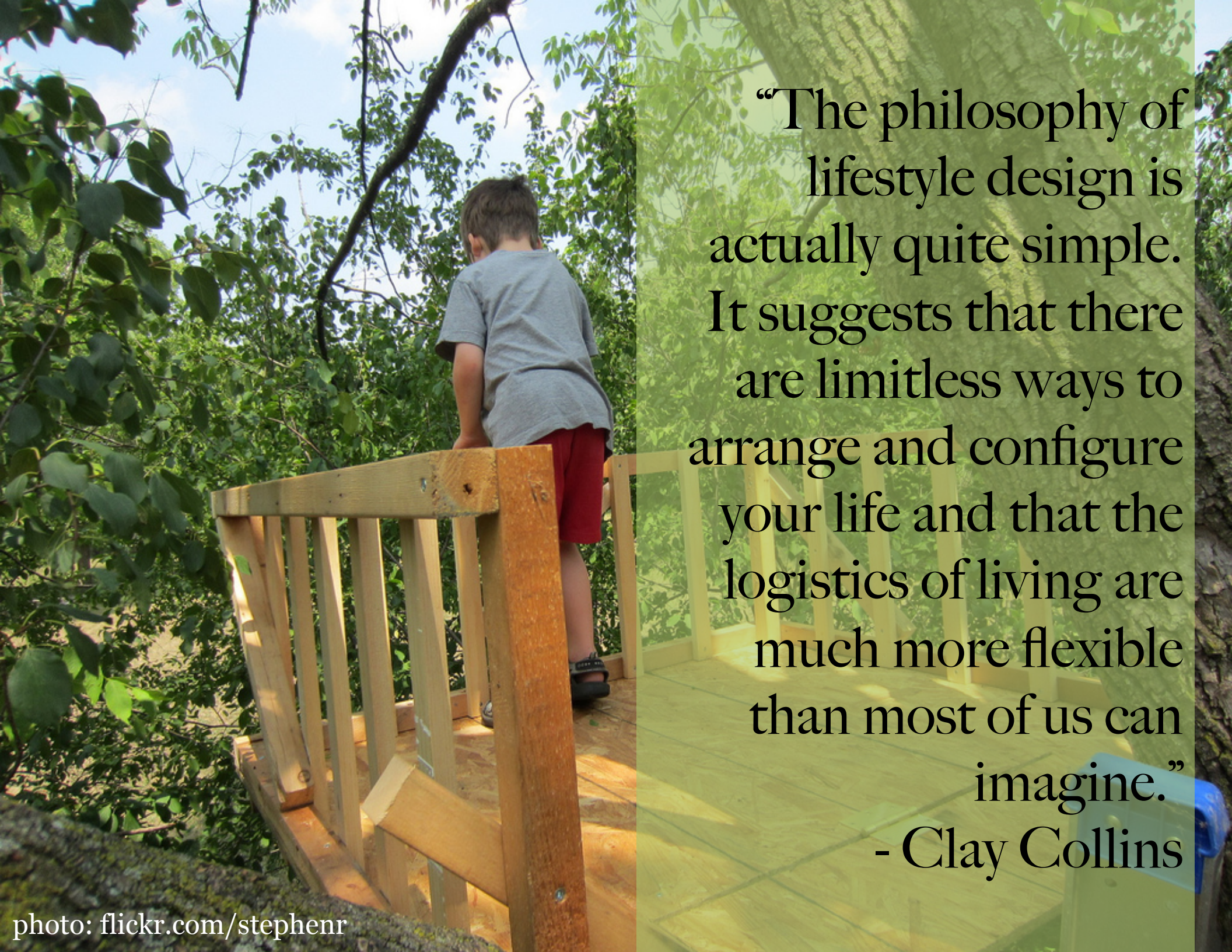


“People build up a life, it becomes unsatisfactory, and they want to figure out how to change it like an outfit on a doll. But you can’t change life from the outside. We all know this now.”

- James Altucher


“Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from.”
- Seth Godin





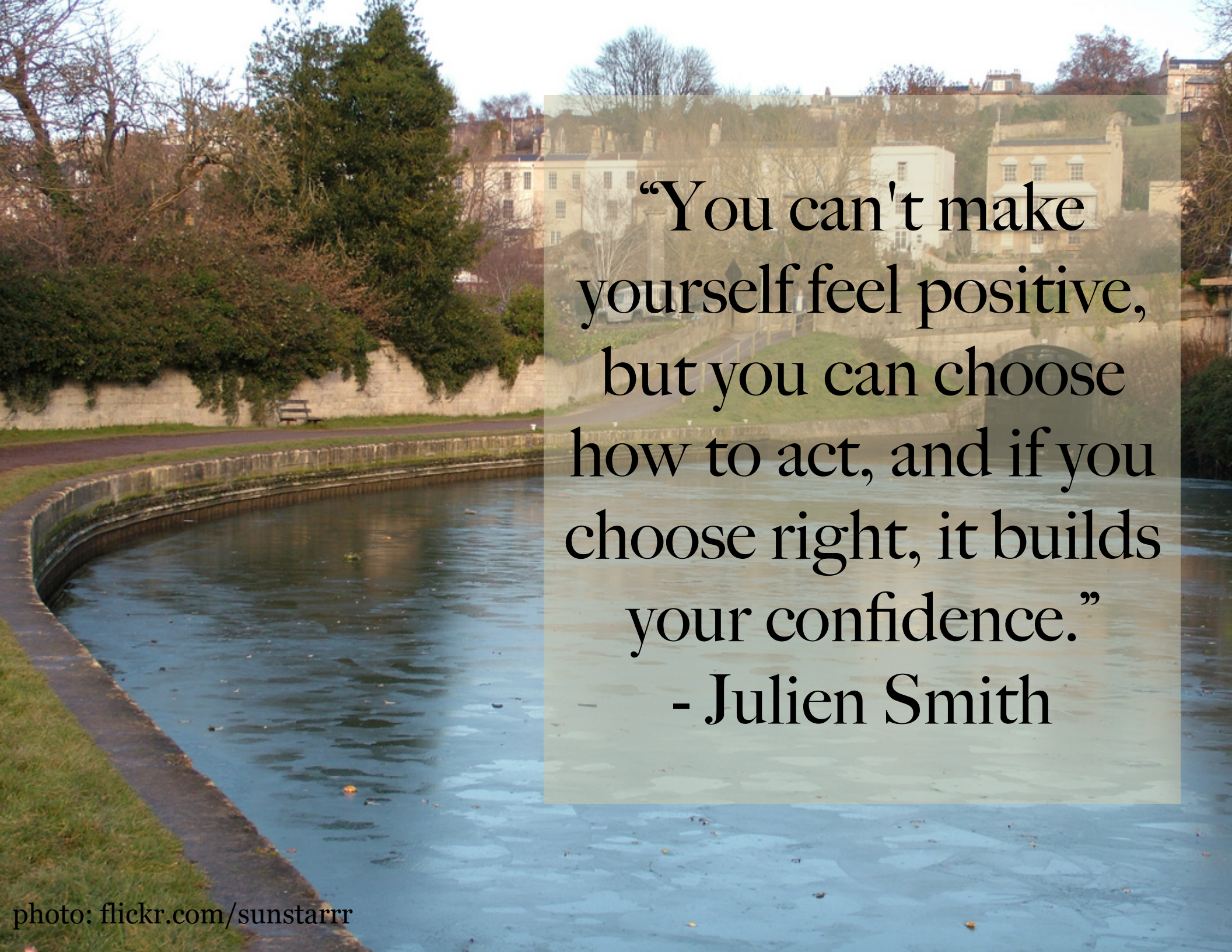
“The philosophy of lifestyle design is actually quite simple. It suggests that there are limitless ways to arrange and configure your life and that the logistics of living are much more flexible than most of us can imagine.”

- Clay Collins

A photograph of a rugged coastline. In the foreground, there are light-colored, jagged rocks. The ocean is a vibrant turquoise color, and white foam from breaking waves is visible as it crashes against the rocks. The sky is a pale blue. The text is overlaid on the left side of the image.

“Change might
not be fast and it
isn't always easy.
But with time and
effort, almost any
habit can be
reshaped.”

– Charles Duhigg



“You can't make
yourself feel positive,
but you can choose
how to act, and if you
choose right, it builds
your confidence.”
- Julien Smith

Step Two: Understand the Power of Habits

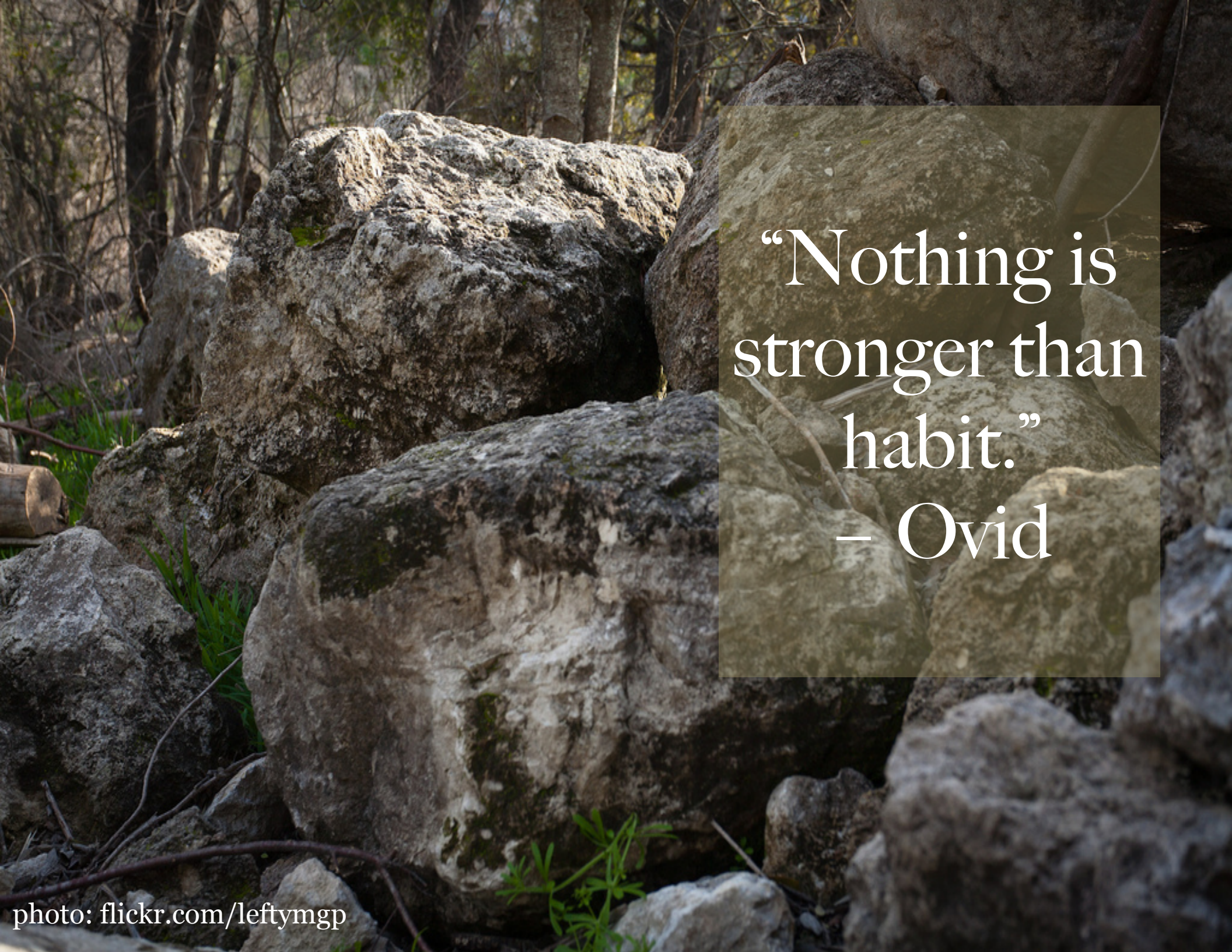


"We are
stereotyped
creatures,
imitators
and copiers
of our past
selves."

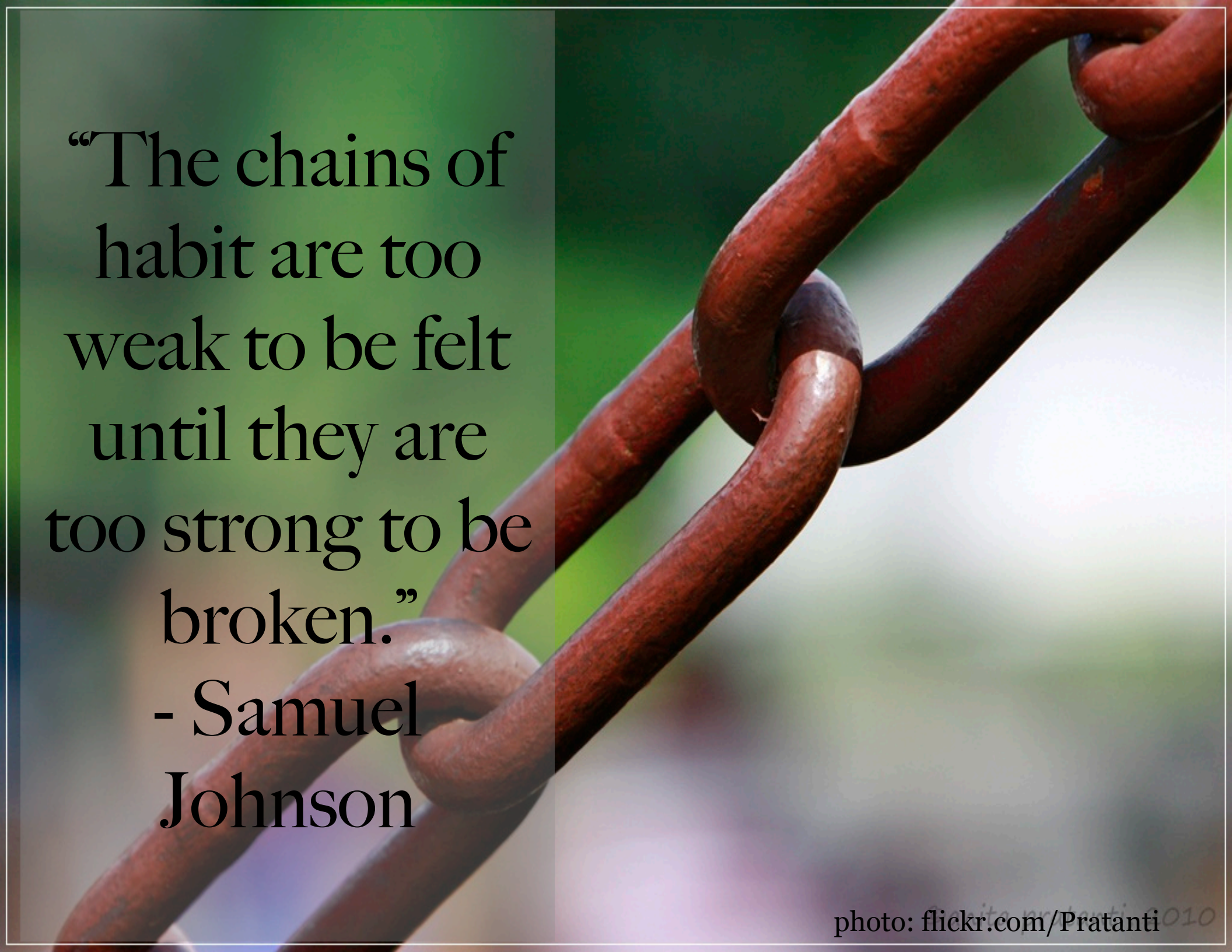
- William
James



photo: [flickr.com/jsmoorman](https://www.flickr.com/photos/jsmoorman/)



“Nothing is
stronger than
habit.”
– Ovid



“The chains of
habit are too
weak to be felt
until they are
too strong to be
broken.”

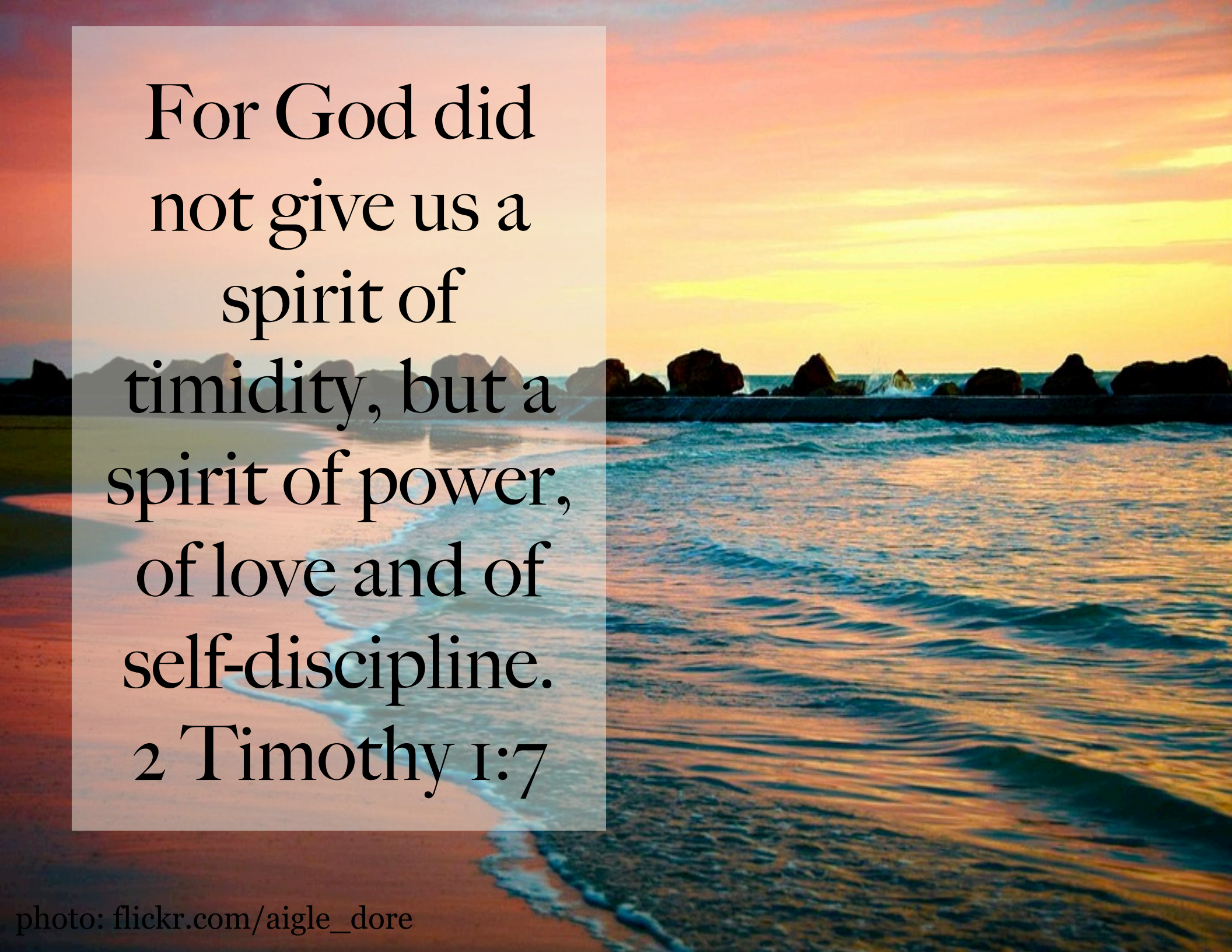
- Samuel
Johnson

“If you are going
to achieve
excellence in big
things, you
develop the habit
in little matters.
Excellence is not
an exception, it is
a prevailing
attitude.”

- Colin Powell



photo: [flickr.com/pburch_tulane](https://www.flickr.com/photos/pburch_tulane/)



For God did
not give us a
spirit of
timidity, but a
spirit of power,
of love and of
self-discipline.
2 Timothy 1:7

“Habit is a cable;
we weave a thread each day,
and at last we cannot break it.”
- Horace Mann





“Men's natures are alike;
it is their habits that separate them.”
- Confucius



“Cultivate
only the
habits that
you are
willing should
master you.”
– Elbert
Hubbard

“We must make automatic and habitual, as early as possible, as many useful actions as we can...in the acquisition of a new habit, we must take care to launch ourselves with as strong and decided initiative as possible. Never suffer an exception to occur till the new habit is securely rooted in your life.”

-William James

“It's easier to
act your way
into a new way
of thinking,
than think your
way into a new
way of acting.”
- Jerry Sternin

“Character is
simply habit
long
continued.”
- Plutarch




Step Three: Design Your Recipe



“The best way
to stop a bad
habit is to
never begin it”
– J. C. Penney





“You can’t
read about
push ups. You
gotta do ‘em.”
- Gary
Vaynerchuk

“The law of harvest is to reap more than you sow. Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny.”

- James Allen



“If you pick the right small behavior and sequence it right, then you won’t have to motivate yourself to have it grow.

It will just happen naturally, like a good seed planted in a good spot.”

- BJ Fogg





“Successful people are simply those
with success habits.”
-Brian Tracy



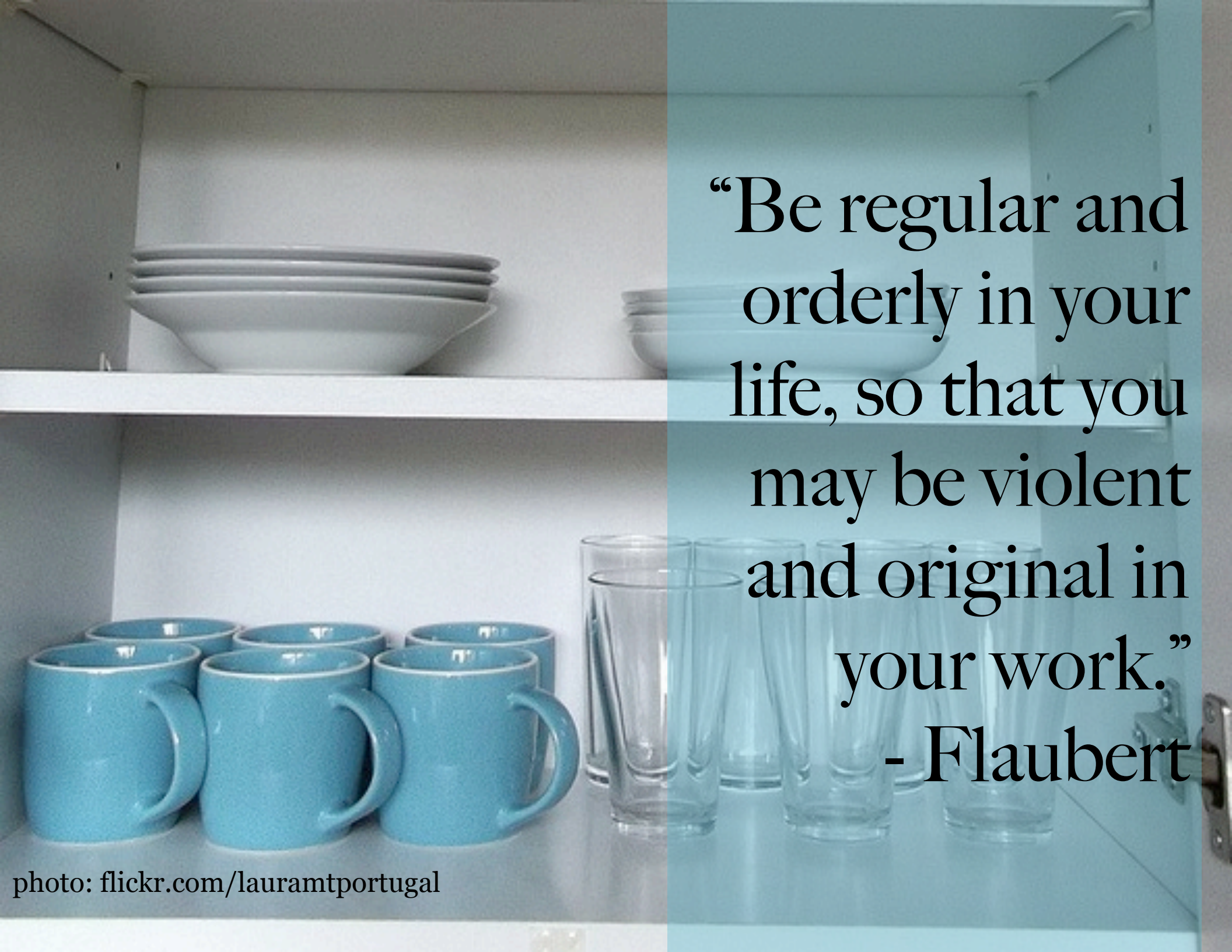
"The
successful
man is the
average man,
focused."
- Anonymous

9am	9 – 10 DO something	9 – 10 DO something	9 – 10 DO something	9 – 10 DO something	9 – 10 DO something	9 – 10 DO something	9 – 10 DO something
10am	10 – 11:30 Go someplace	10 – 11:30 Go someplace	10 – 11:30 Go someplace	10 – 11:30 Go someplace	10 – 11:30 Go someplace	10 – 11:30 Go someplace	10 – 11:30 Go someplace
11am							
12pm	11:30 – 1p meet someone	11:30 – 1p meet someone	11:30 – 1p meet someone	11:30 – 1p meet someone	11:30 – 1p meet someone	11:30 – 1p meet someone	11:30 – 1p meet someone
1pm	1p – 3p work, work, work	1p – 3p work, work, work	1p – 3p work, work, work	1p – 3p work, work, work	1p – 3p work, work, work	1p – 3p work, work, work	1p – 3p work, work, work
2pm							
3pm	3p – 4:30p meetings, & more meetings	3p – 4:30p meetings, & more meetings	3p – 4:30p meetings, & more meetings	3p – 4:30p meetings, & more meetings	3p – 4:30p meetings, & more meetings	3p – 4:30p meetings, & more meetings	3p – 4:30p meetings, & more meetings
4pm							
5pm	4:30p – 6:30p busy, busy, busy	4:30p – 6:30p busy, busy, busy	4:30p – 6:30p busy, busy, busy	4:30p – 6:30p busy, busy, busy	4:30p – 6:30p busy, busy, busy	4:30p – 6:30p busy, busy, busy	4:30p – 6:30p busy, busy, busy
6pm							


“How we spend our days is how
we spend our lives.”
- Charlie Gilkey

“Take full responsibility for your environment and behaviors. Everything you do sets you up for success or puts another obstacle in your way.”
- Craig Ballantyne





“Be regular and
orderly in your
life, so that you
may be violent
and original in
your work.”
- Flaubert

A woman with long blonde hair and glasses is sitting on a wooden park bench. She is wearing a light green jacket and blue jeans, and is barefoot. She is looking off to the side, away from the camera. The background is a lush green hedge. The text is overlaid on the left side of the image.

“The habit of
being happy
enables one to be
freed, or largely
freed, from the
domination of
outward
conditions.”

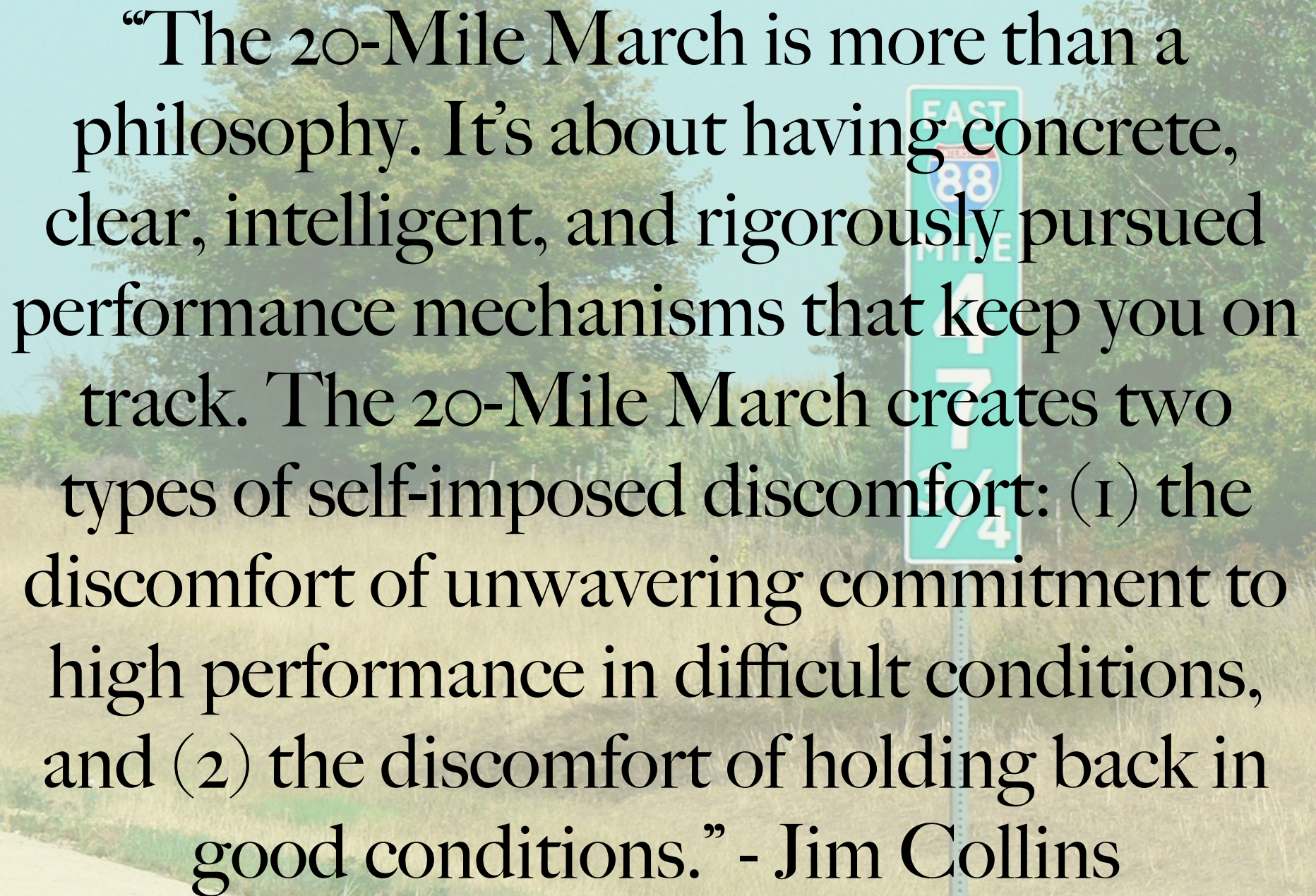
- Robert Louis
Stevenson

photo: [flickr.com/niallkennedy](https://www.flickr.com/photos/niallkennedy/)

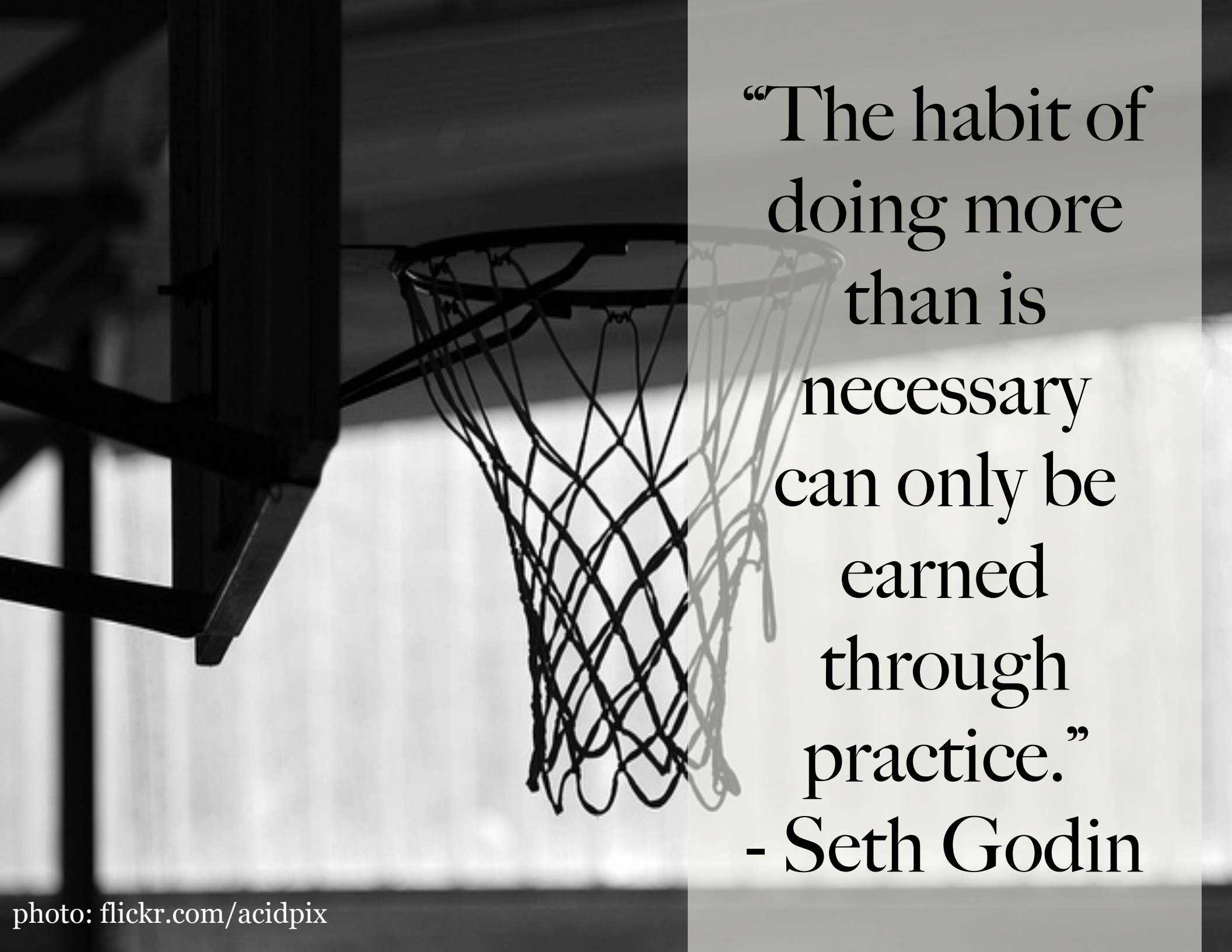


“The individual who wants to reach the top in business must appreciate the might of the force of habit and must understand that practices are what create habits. He must be quick to break those habits that can break him and hasten to adopt those practices that will become the habits that help him achieve the success he desires.”


- J. Paul Getty



“The 20-Mile March is more than a philosophy. It’s about having concrete, clear, intelligent, and rigorously pursued performance mechanisms that keep you on track. The 20-Mile March creates two types of self-imposed discomfort: (1) the discomfort of unwavering commitment to high performance in difficult conditions, and (2) the discomfort of holding back in good conditions.” - Jim Collins

A black and white photograph of a basketball hoop and net, with a semi-transparent text box on the right side. The text box contains a quote by Seth Godin.

“The habit of
doing more
than is
necessary
can only be
earned
through
practice.”
- Seth Godin



“Winners make
a habit of
manufacturing
their own
positive
expectations in
advance of the
event.”


- Brian Tracy

“We are what
we repeatedly
do.

Excellence,
then, is not
an act, but a
habit.”

– Aristotle






“Your net worth
to the world is
usually
determined by
what remains
after your bad
habits are
subtracted from
your good ones.”
- Benjamin
Franklin



“Good habits are
worth being
fanatical about.”
- John Irving



“Freely chosen, discipline is
absolute freedom.”
- Ron Serino

Step Four: Leave a Legacy

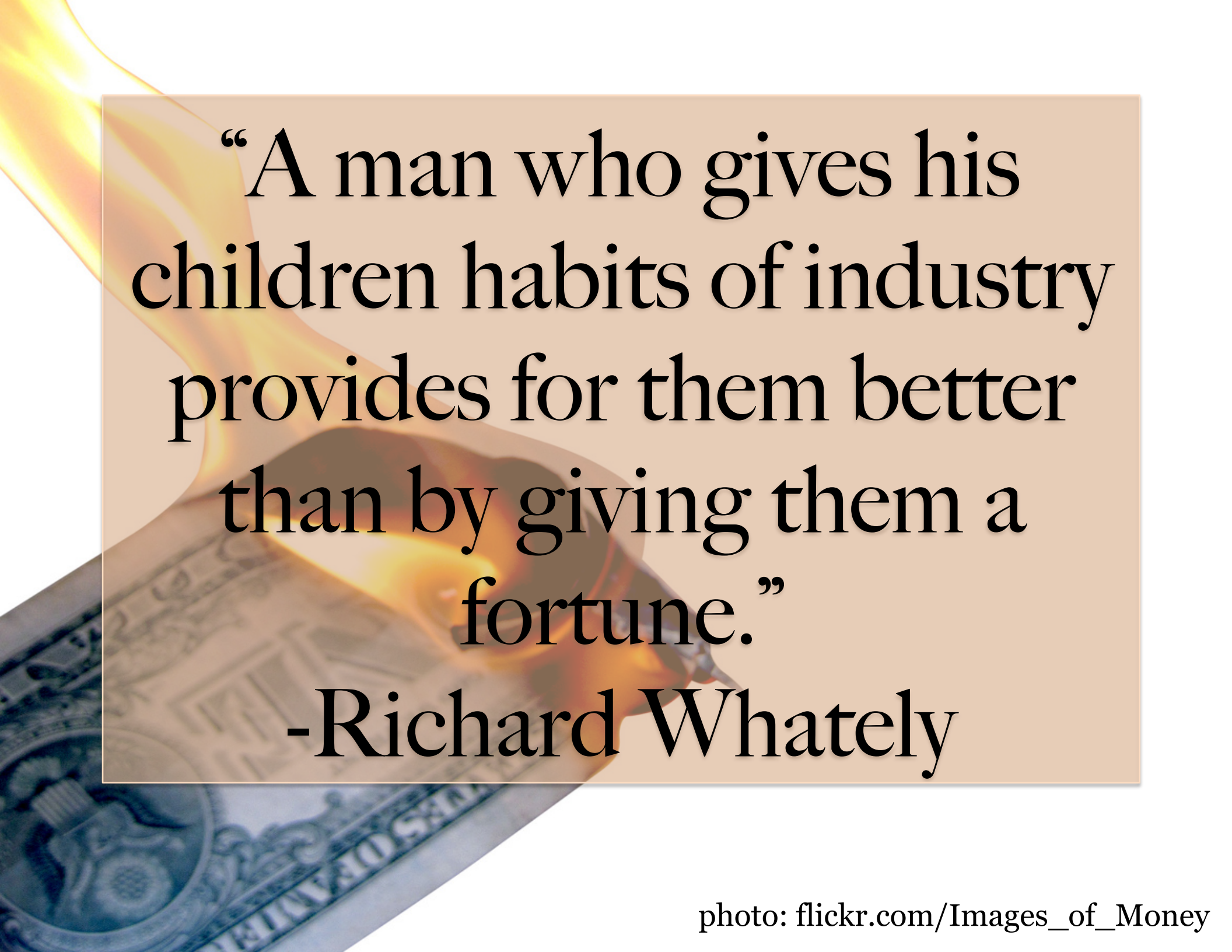


“As a leader, if I can get victory over myself, ... , the odds are high I can help fix others. If I can't fix myself, the odds are high I will never be able to add value to and help others.”

- John Maxwell

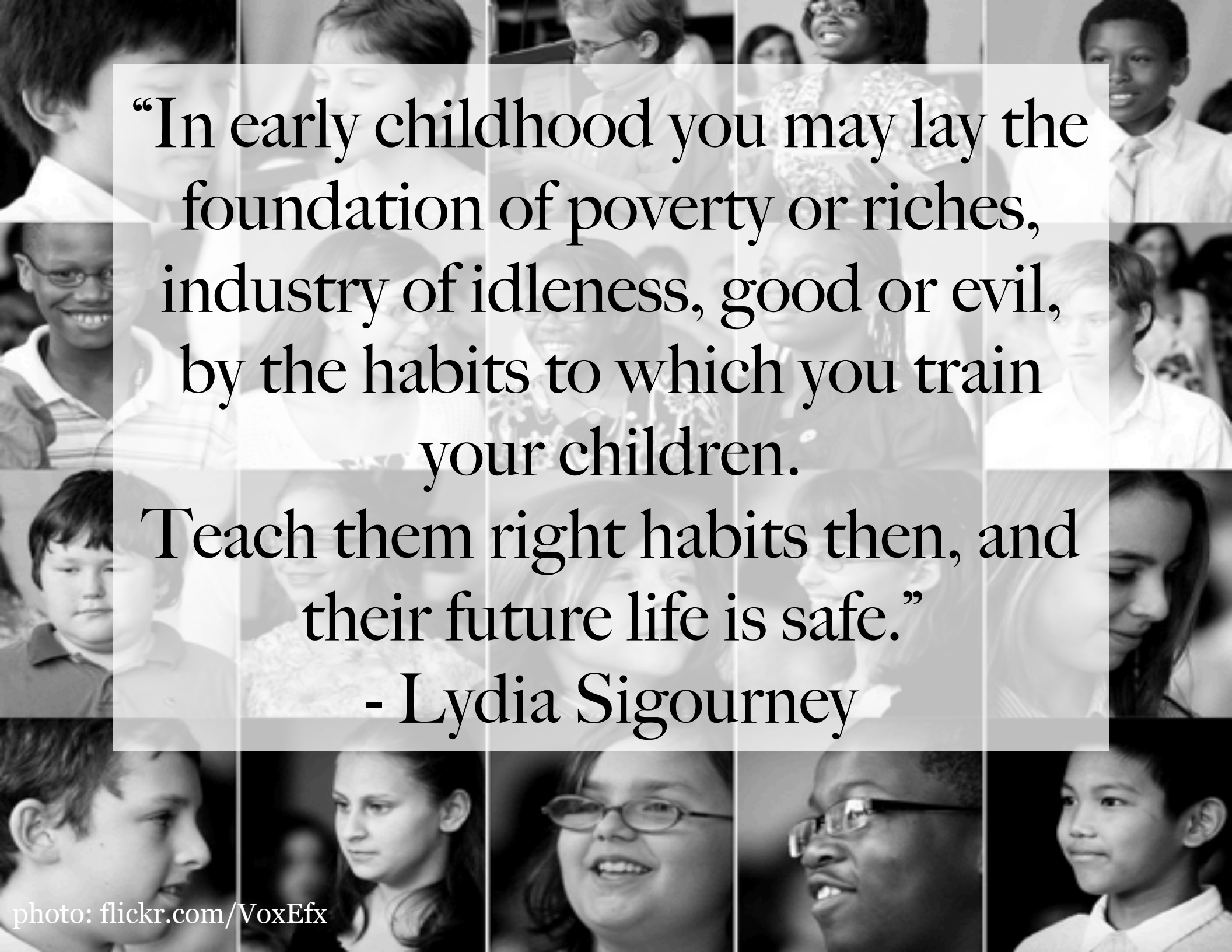


photo: flickr.com/deliciousblur

A close-up photograph of a hand holding a lit match. The match is positioned over a US dollar bill, which is partially visible at the bottom left. The background is a soft, out-of-focus orange and yellow, suggesting a warm, glowing light source. The text is overlaid on a semi-transparent orange rectangle in the center of the image.

“A man who gives his
children habits of industry
provides for them better
than by giving them a
fortune.”


-Richard Whately



“In early childhood you may lay the foundation of poverty or riches, industry of idleness, good or evil, by the habits to which you train your children.

Teach them right habits then, and their future life is safe.”

- Lydia Sigourney

A woman with short brown hair, wearing a light-colored jacket, is holding a young child. The child is wearing a pink hat with a floral pattern and a bright pink vest over a purple long-sleeved shirt. They are standing on a paved surface, possibly a sidewalk or a path, with a green hedge and a building with a blue roof in the background. The scene is brightly lit, suggesting it is daytime.

“Imagine
who you
want your
kids to
become.
Be that.”
- Whitney
Johnson



Freedom isn't the absence of discipline.

It's having complete trust in your own self-discipline.



Unless you can confidently manage yourself, you'll always look for a boss to tell you what to do. Unless you can trust your financial habits, you'll never have enough money. Unless you can win the daily battles with procrastination and fear, you'll always look for ways to escape the regret that plagues you. Unless you can select healthy foods that nourish your body, you'll always be burdened with fatigue and disease.



To find the precious freedom you're seeking, you don't need to be an escape artist or treasure hunter.

Instead, you'll need to become a Master Chef, designing your ideal recipe and carefully selecting each ingredient.

To get started, visit habitchef.com

