



SUCCESS FOR YOUR FUTURE | MIND OVER MATTRESS

LESSON NOTES

1. The most successful people in the world have daily _____ and habits they practice every day.
2. "I changed my _____ and it changed my whole life."— Terri Savelle Foy
3. "You'll never change your life until you change something you do daily."— John Maxwell
Successful people are _____ about their days. They invest in themselves before anyone else.
4. The most successful people cherish the _____ hours to invest in themselves.
5. _____ habits are hard to form but easy to live with. _____ habits are easy to form but hard to live with.
6. The habits you currently have are only good enough to get you what you _____ have. Five morning habits of successful people:
 - Habit one: They wake up early.
 - Habit two: They meditate or pray.
 - Habit three: They exercise & eat a healthy breakfast.
 - Habit four: They invest in personal growth.
 - Habit five: They practice the "pay now, play later" principle.
7. _____ is something you attract by the person you become.
8. The number one thing that people want is an opportunity to make a _____.
9. The sign of an insecure leader is when you feel like you have to do _____.

"Leaders become great, not because of their power, but because of their ability to empower others."— John Maxwell

"It's not what we do once in a while that shapes our lives, it's what we do consistently."
— Tony Robbins
10. Your big dreams demand some big _____.

ACTION STEPS

Discover the one thing that you need to be focused on. Then, become so focused on it that you don't get pulled away by distractions. Make time for 90 minute sessions to focus on your one task — this will help you gain laser focus and create a habit.

KEY: 1. disciplines 2. routine 3. proactive 4. morning 5. Good, bad 6. currently 7. Success 8. difference 9. everything 10. commitments