

Put your
Mind & Body
on
“autopilot”

*and reach all of
your goals...*

Automatically!

Permanent
Weight Loss

Better Health

Better
Relationships

Healthy
Heart Habits

Success Habits

Exercise Habits

One-Minute
Habits

Free e-book!

DAN ROBEY

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Imagine how your life would change if you could put it on “autopilot” and reach all of your goals...automatically!

What if you could reach all the goals in your life automatically? Do you want a healthier, trim and fit body? Do you want to be more successful, do you want to have better relationships with people? Here is the good news, you can with the simple but powerful new program called “The Power of Positive Habits.”

Imagine being able to :

- Lose weight automatically!
- Improve your Health Automatically!
- Achieve more Success Automatically!
- “Cancer Proof” your body Automatically!
- Improve your Relationships Automatically!

You can reach all of these goals automatically and more! As you read this e-book you will be introduced to the power of positive habits. Your life is about to change!

Here is just a sample of what you will learn as you read this e-book:

- Positive habits have amazing power to make “automatic” and “permanent” changes to your life.
- This is a simple step-by-step program that anyone can follow.
- Would you like to have long lasting energy all day long? You will learn about a couple of simple positive habits that will keep you energized all day long!
- Did you know that there is an almost magical oil that you can buy in any health food store...very few people are aware of it. If you make it a habit to take it every day, it will provide you with incredible health benefits. It will boost your metabolism, give you more energy and help you burn more fat ...automatically! It will help you lower your bad (LDL) cholesterol. It will help protect you from coronary artery disease, stroke and high blood pressure.
- Did you know that the 90% of the wealthiest and most successful people in the world all share one common habit? You'll learn what that habit is and how you can be more successful at everything you do when you make it your habit.
- Habit # 72 is a simple little positive habit for husbands...it will make their wives happier than if they had just showered them with red roses!

C h a p t e r

1

WHAT ARE
Positive Habits
AND WHAT CAN THEY
Do For Me?

*Sow an act and you reap a habit.
Sow a habit and you reap a character.
Sow a character and you reap a destiny.
– Charles Reade*

Habits Are Powerful Vehicles for Personal Change

This e-book contains excerpts from the new book *The Power of Positive Habits*. The information contained in this e-book can forever change your life! You can help others transform their lives by e-mailing this free e-book to everyone on your list. Good luck and may all of your habits be positive!

Dan Robey - Author of The Power of Positive Habits

Think about the habits you have now and how they affect virtually every aspect of your life. Your weight and health are determined by your eating habits. Your relationships with people are determined by your social habits. Your success at work is determined by your work habits. You have sleeping habits that dictate how well you sleep. You have sexual habits. You even have buying habits; just take a look around your house and you will quickly see them. Our character, health and virtually every aspect of our lives are indeed determined by our habits.

If you ask ten people on the street what the word habit means, nine out of ten will tell you that a habit is a negative action that people do over and over again, like smoking, or procrastinating, or eating too much. Bad habits get all the press. Let's look at the results of just one bad habit: smoking. Every year, over 400,000 people lose their

Our character, health and virtually every aspect of our lives are indeed determined by our habits.

lives to smoking-related illnesses in the United States. Imagine then, the negative power that exists in just that one bad habit. It is staggering.

Now I want you think about an even greater power, a power that can bring you success, health and happiness; a power for positive, permanent, and automatic personal growth: the power of positive habits. Let's look a little closer at the meaning of the word *habit*. Random House dictionary defines *habit* in this way:

Habit: An acquired behavior pattern regularly followed until it has become almost involuntary.

The important words in this definition are *acquired* and *almost involuntary*. Let me ask you a question. When is the last time you sat down and said to yourself, "Today I am going to add a new habit to my lifestyle?" I would venture to guess that you have probably never said those words. As you read this book, you will see how easy it is to add positive habits to your life and the great power they have to change it. Think about the words *almost involuntary*. This means the habit is so powerful in your mind that it is almost unstoppable! With respect to bad habits like smoking, procrastination, and overeating, this is very bad. But with the positive habits you will learn about in this book, this is very, very good.

What is a positive habit? A positive habit is simply a habit that produces positive benefits, actions and attitudes you want to acquire and make a part of your life. Why is there such great power in positive habits to effect change? Because habits, by their very nature, are automatic. After a period of time they can become permanent.

Imagine the power of being able to lose weight automatically and keep it off forever, to be healthier automatically for the rest of your life, to have better relationships with people, to have more success, to effect positive and permanent change to any aspect of your life...automatically. What better program for personal, positive growth could there be than one that is permanent and automatic?

Put Your Mind and Body On Autopilot

Although most of us have been on commercial airliners, few of us think about the process that takes the plane from point A to point B. Before the plane takes off, the pilot first consults his flight plan. The flight plan describes the details of the trip: destination, time of departure, estimated total flight time, altitude, total fuel required, and so on.

The pilot then programs this information into the plane's autopilot computer. This is the data the autopilot computer needs to complete its mission. That's it! With the technology that exists in today's commercial airliners, the pilot can just sit back and relax while monitoring the plane's progress. The plane's autopilot computer system will fly the plane to its destination and even land the plane...automatically.

Now the plane is you; the flight plan is the Positive Habit Program you create with the help of this e-book; the data are the positive habits that provide the fuel to reach your destinations. Like the pilot, you will create a flight plan. You will select your destinations and program the data into your own autopilot system. Most important of all, you will put your mind and body on autopilot to reach your destinations with the help of your newly acquired positive habits.

The Power of Positive Habits is the Flight Plan for Your Life

That is what the Power of Positive Habits Program is all about. It puts your life on autopilot, just like the captain of the jetliner who programs in the course to a destination city. Do you have life destinations? Maybe you have a vision of a more trim, fit and healthy body. That's a destination. Perhaps you want a better relationship with your spouse or lover. Maybe your desire is to be more successful in business. In the Power of Positive Habits Program, they are all destinations.

So sit back and relax. Prepare yourself for a journey. Get excited! Your life is about to change in ways you never imagined! Get ready to program your life destinations. Most important, get ready to reach them and make them forever yours with your own internal autopilot: positive habits.

Habits Are Knowledge in Action

Think for a moment. All of your habits are knowledge in action. You are probably saying, "That's crazy. When I smoke a cigarette, it's just because I want to." "When I brush my teeth every morning, it's just a routine." Look a little closer. You will see that you smoked the cigarette because you had the knowledge that it would make you feel calmer. Likewise, you brush your teeth because you have the knowledge that brushing teeth reduces cavities. *The Power of Positive Habits* will empower you with new knowledge – knowledge that when actionized into a positive habit can change your life in dramatic ways .

As you gain knowledge about a positive habit, you make a decision to acquire that habit. You acquire the habit by actionizing the knowledge.

About the Habits in this e-Book

The requirements for a positive habit to be listed in this book are really quite simple. It must be an action or thought process that can become a positive habit over time. The action or thought process must result in a quantifiable positive benefit to the person employing it. The e-book report you are now reading contains a few examples of the dozens and dozens of positive habits found in *The Power of Positive Habits* book.

It's Easier to Acquire a New Habit than to Change a Habit You Already Have

By now you are probably saying to yourself, “This all sounds great. I would love to be able to put my life on autopilot, to achieve my health goals, weight-loss goals, success goals, relationship goals and do it all automatically. But adding new positive habits to my life can’t be that easy.”

Here is the best news! Acquiring new habits *is* easy. You are doing it all the time; you are just not aware of it. Have you ever rented a car? When you got in the car, perhaps you were a little confused. The ignition switch was different, you could not find the volume control for the radio, the turn signals operated differently.

But in just a few minutes, you acquired the knowledge you needed for a new set of driving habits. By the end of your weekend trip, you were already starting to build a foundation for these new driving habits.

But wait! You are just renting the car, so won't your acquisition of these new habits stop when you return the rental car and resume driving your own car? What would have happened if you had purchased the car? It would be only a matter of days until your new driving routine became an acquired habit. It wasn't hard at all, and you hardly had to think about it. You were easily forming new driving habits that would become permanent and automatic.

You can combine positive habits and increase your benefits exponentially.

Was it hard acquiring your new driving habits? Of course not. You were hardly even aware that you were acquiring them, but you were. Do you chew a specific brand of gum everyday? Perhaps you have a special dessert that you love. I know people who have been chewing the same brand of gum every day for over 20 years! Was that habit hard to acquire? Of course not. They simply found a new product that they liked and began buying it every day. Soon it became a new buying habit. Remember this analogy as you progress through this program.

Knowing that the acquisition of new habits is easy gives you a positive edge in moving forward. You know in advance that your success is virtually guaranteed if you stick to the program. Remember that many of the habits you have right now are just routines. So it will be with your new positive habits; they will become routines, too.

How Positive Habits Can Change Your Life

Some people wait all their lives for the outside to change their inside. But it never seems to happen, because change comes from within us first, then the outside becomes different.

– Elliott Goldwag, Ph.D.

Consider the following illustration of how the Power of Positive Habits Program can change your life.

Jill lives in New York. She is 32 years old, single and dedicated to her career in the fashion industry. There are a lot of things that Jill would like to change about her life. Because she has had problems with her weight for most of her life, she has tried every popular diet. None of them seem to work. She loses weight, but the minute she goes off the diet, she quickly regains it.

She loves her work, but sometimes she can't sleep because of the pressures of her job. Although she gets along pretty well with coworkers, some of them think she is difficult to work with.

Jill began her positive habit program by selecting several primary and three support habits. The primary habits she selected were targeted to the areas that are most important in her

life: weight loss, relationships with people and her problems with insomnia.

One of the positive weight-loss habits Jill selected was a calorie reduction habit. (one of the sample habits in this e-book) Jill drank at least two cola drinks every day at work. She learned in Weight Loss Habit 20 that substituting sparkling water for soda would cut 1960 calories per week, almost 8,000 calories per month from her diet!

She selected other primary positive weight loss, relationship and insomnia habits. Jill knew that once she reached the acquisition stage, (*research has shown that any action that is repeated for at least 21 days is likely to become a permanent habit...the acquisition stage*) the habits she had chosen would become automatic and second nature to her. Jill soon knew that her foundational habits of visualization and one-minute tracking were already starting to work in her life. She was now more focused on what she wanted.

She was able to accurately track her progress in reaching her destinations. She was beginning to see the positive results of the program and knew she was making progress. She saw herself getting closer and closer to her destinations. Jill is now on autopilot only 2 months into the program. She can feel the changes in her mood. She feels more positive about herself.

Jill's journey has only just begun, yet she can already feel her success coming. She is living a new reality brought about by the positive habits course she plotted for herself. Jill's weight is now in her target range because her positive habits have resulted in a permanent change in her diet and lifestyle. Her relationships with coworkers have improved and she sleeps better. A profound

change has occurred and she knows it. Jill senses a feeling of empowerment like none she has ever experienced before.

Bill is a 45-year-old advertising executive. He is married with three children and lives in Chicago. He likes his job and is doing well with his career, but his relationship with his wife has been deteriorating, causing him great stress. Heart problems run in his family, and he has high cholesterol. Bill knows that he must reduce stress in his life, reduce his cholesterol, and take positive steps to have a strong, healthy heart.

He has a clear picture in his mind of his destinations: he wants a better relationship with his wife and he wants to be healthy and strong for his family. Bill starts building his positive habits program by concentrating on healthy heart habits and relationship habits. He knows how important foundational habits are, and he begins his program with them.

After only 3 weeks into the program, he notices a change in his relationship with his wife. One of his new positive habits has had an immediate, noticeable effect. Every week he has made it a habit to leave short notes of love and appreciation to his wife in places she will be likely to see them.

He places a Post-it note on the dashboard of her car telling her he loves her. The next week, a Post-it note is on their bathroom mirror telling her what a wonderful mom she is to their kids. Bill's wife loves the positive notes he has been leaving her. She has always felt that Bill has not appreciated the hard work she does as both a wife and a loving mom. Now she feels appreciated. Bill realizes that just this one simple, little, positive habit has helped his marriage more than anything he has

done in years. He is less stressed as a result of the improvement in his relationship with his wife. This is just the beginning.

He is now acquiring other positive relationship habits. He has acquired several health and fitness habits that will bring positive benefits to his heart and overall health. In just 3 weeks, Bill's life has changed in many ways.

Positive Habits in a Minute

It only takes one minute to change your life! How is that possible? Because it takes only one minute to gain the knowledge you need to make a decision to acquire a new positive habit. A new positive habit that may be yours for the rest of your life! Think about the compounding benefits you will receive over a long period of time from just one positive habit.

Remember, knowledge is power. Actionized knowledge in the form of a positive habit is amazing power! Bill's relationship with his wife had been deteriorating, but he acquired the knowledge he needed in Relationships Habit 72, leaving notes of love and appreciation to his wife.

In less than one minute, he had the knowledge he needed to make a decision to acquire a new positive habit. Bill also acquired the knowledge for other positive habits related to cholesterol reduction, relationships, and having a healthy heart. The knowledge for each positive habit was acquired in less than one minute.

**Actionize a Positive Habit,
and Make it Yours Forever!**

It took Jill less than one minute to read the words contained in Habit 20. In that short period of time, she obtained the knowledge necessary to make a decision to acquire the new positive habit of substituting sparkling soda water each time she ordered out at a restaurant. She actionized that habit every time she bought groceries: instead of reaching for a six-pack of cola drinks, she reached for a six-pack of sparkling water.

Jill senses a feeling of empowerment like none she has ever experienced before.

After 21 days, she had acquired her new habit. It was hers forever. Jill's lifestyle had changed forever with the knowledge she gained in less than one minute! The Power of Positive Habits Program contains dozens and dozens of one minute habits. Remember that it only takes one minute to make positive changes to your life.

Your life can change automatically, permanently, and quickly. The lifestyle change you are seeking is just around the corner. So now you are on your way; the weight loss you wanted will come to you automatically. Your relationships with people will automatically improve. You are now the pilot programming your life's autopilot for a successful future.

You can place your mind on autopilot using the principles outlined in this e-book. Once you have programmed in the data, you will soon reach your destination. I have provided you with a few examples of the "data" in this e-book. There is a link at the end of this e-book where you can order *The Power of Positive Habits* book and gain access to all of the positive habits. Remember, knowledge is power!

*We are what we repeatedly do;
excellence, then, is not an act but a habit.
– Aristotle*

I want to emphasize to you that the most important benefit you will receive from the Power of Positive Habits Program is the change in the way you think about your habits and how they affect your life. This change in thinking will have a dramatic effect on your life; I know from personal experience. I am now constantly aware of the habits I have and the new habits I am acquiring; I am also aware of the benefits I am receiving.

Positive habits are now second nature to me and I am always looking for new positive habits that can bring even more benefits to my life and yours. If I have done my job well, you should experience a paradigm shift in how you think about your habits. You will no longer think of them as being a bad thing but rather as an incredibly powerful vehicle for positive change. This shift in thinking will bring with it many benefits, including:

- Increased self-esteem
- A more positive attitude about your future
- A feeling that you are more in control of your life
- The ability to accurately see where you were and where you are going
- Improved goal-setting abilities

While researching *The Power of Positive Habits* book, I interviewed leading experts in the fields of health and nutrition, physical fitness, science, and medicine. I spent months and months researching books, periodicals, and scientific studies from the most prestigious institutions and publications in the world.

The Harvard Medical School, Johns Hopkins University, The Journal of the American Medical Association, American Journal of Clinical Nutrition, Journal of The American Dietetic Association, New England Journal of Medicine, as well as dozens of Universities. This powerful information has been distilled into dozens and dozens of “Life Changing” positive habits. The knowledge now available to you is the result of many years of hard work by some of the world’s greatest minds.

Think about the power that you can now hold in your hands! You can now actionize that knowledge into positive habits that will help you reach your life destinations.

Knowledge, When Actionized into a Positive Habit, Can Change Your Life in Dramatic Ways!

Conclusion

Let's review what you have learned so far about positive habits and how they can change your life:

- Virtually every aspect of your life is affected by your habits.
- Positive habits are powerful vehicles for automatic and permanent change.
- Habits are simply knowledge in action; actionized knowledge can become a positive habit.
- It is easy to acquire new habits; you are doing it all the time.
- It only takes one minute to gain the knowledge necessary to acquire a new positive habit.
- Once you have actionized knowledge for 21 days, it is likely to become a permanent, positive habit.

Remember, you can help change the lives of friends and family today....forward this e-book to everyone on your list!

C h a p t e r

2

TRACKING YOUR
Progress
WITH
ONE-MINUTE TRACKING

*The longest journey starts with just one step.
– Tao Te Ching*

What Is One-Minute Tracking?

One-minute tracking is simple. It is an extremely powerful, positive habit that will allow you to quickly track your daily progress toward reaching your destinations. It is amazing how quickly we forget things.

If I asked you to describe detailed information about your health and activities from last Tuesday, chances are you would be hard pressed to remember much. Can you remember what you ate? How many hours of sleep did you get? How much did you weigh on that day? The one-minute tracking habit provides you with a simple journal system for keeping track of your progress. Why is this so important?

How do you feel when you succeed at something? You feel great, right? Nothing will motivate you more and help ensure your total success than the realization in your own mind that you are already succeeding! The foundational one-minute tracking habit will do exactly that. It will change your life by providing you with the air traffic controller's view of your journey.

Here are just a few of the benefits the one-minute tracking habit will provide:

- You will have detailed facts about your trip, including the date you started (very important in calculating your 21 day plateau), detailed info on the progress you are making toward reaching your destinations.

- When you see positive results as they happen, you will become energized with optimism. Evidence that your new positive habits are delivering quantifiable benefits will motivate you to persevere until your destinations have been reached.

- It will remind you that you have reached the 21-day threshold for acquiring a new positive habit.

How to Track Your Progress in One Minute

Keep a simple, short log of your daily positive habit; it's easy, and it usually only takes 1 minute of your time. Each day, make short entries into your tracking log: list such things as your attitude, emotions, diet, weight, responses to situations and conditions in your life. cholesterol levels, your blood pressure, your weight. (Obviously, all of this data would not be recorded daily, but some entry would be recorded each day) Try this simple little exercise.

Get out a note pad or a sheet of paper and a pencil. Look at your watch. When the second hand hits 12, start timing yourself as you write down the following words:

11/8/02 Fri.—Felt great all day. Started habit 52. Weight 135 pounds. Walked briskly for 20 minutes. Had almonds and nuts for snacks.

More than likely, you completed writing down the information in approximately 1 minute. Yet, in that 1 minute, you created an important snapshot of data. You see where you have been, how fast you are traveling to your destination, and, can estimate when you will arrive. You now have important historical data you can refer to as time goes by, to help you track your progress as you acquire new habits.

Depending on the habits that you have elected to acquire, you will record different types of information. For instance, if you have elected to acquire positive movement habits and positive weight-reduction habits, you will want to record information such as the foods you ate, the positive movements you made (length of times, number of repetitions, etc.).

What you remember about a particular day may be quite different than what actually occurred on that day. Your daily log will allow you to look back over time and see your factual progress, to see exactly how you felt, your weight, your health data (cholesterol levels and blood pressure to name a few). Seeing your progress will reinforce in your mind that the positive habits you have acquired are transforming your life. I know how well this works. For the past 3 years, I have kept a simple, yet informative log of every day of my life. I can tell you exactly how I felt on Wed., July 25, 1999, or any day since.

When you track
your progress
you can see
success
coming!

I can tell you what the results of my exercise programs were, what supplements I took, and how they made me feel on any given day. This log has been invaluable to me as a factual reference of how I reacted to certain events, my weight changes, motivation, attitude and lifestyle. There have been many, many times when I referred to this log to see how I handled a particular situation or the effects of diet changes and supplements that I added to my diet. My activities and daily information are there for me. If I did not keep the log, the valuable information would soon be long forgotten.

It generally takes me less than two minutes to record the log for any day. It is a habit that has become a part of my life; it is now second nature for me. If you have a computer, I recommend typing just three to four lines of descriptive text into a word processing program. An entry might look something like this:

6/21/02 Fri. – felt great all day, did 10 min. on treadmill in am, had protein shake with vitamins, started 30 min. reading habit before bedtime to help my insomnia, slept 7 hours the night before.

The daily log serves many purposes:

- It reminds you of your goals and the actions you are taking towards them every day.
- It allows you to factually track your progress.
- It provides detailed information such as dietary changes, calorie reductions, fat reduction, and so on. It helps build your self-esteem because you are reaffirming the positive benefits you are achieving through the acquisition of new positive habits.
- It helps to paint the picture daily of who you are becoming.

While you will have many successes in life you will also have failures. You can learn from your failures and turn them into opportunities if you can look back and see how you handled them.

*Keeping a journal will absolutely change your life
in ways you've never imagined.
– Oprah Winfrey*

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward and upward, or drag you down to failure. I am completely at your command. Ninety percent of the things you do might just as well be turned over to me, and I will be able to do them quickly and correctly. I am easily managed, show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great people and alas! of all failures as well. I am not a machine, though I work with all the precision of a machine, plus the intelligence of a man. You can run me for profit or run me for ruin - it makes no difference to me. Take me, train me, be firm with me and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I? I am Habit.

– Anonymous

C h a p t e r

3

Positive Habits

OK, so now you know that positive habits can be incredibly powerful tools for personal growth. You also know that it is easy to acquire them and that once you do acquire them, you will be on autopilot to reach your goals automatically!

In this section of the e-book, I will introduce you to a few of the Positive Habits that are contained in the book. (*Remember, this e-book contains a very small sample of the dozens and dozens of powerful life changing positive habits found in “The Power of Positive Habits” book*)

*I have always wanted to be somebody,
but I should have been more specific.
– Lily Tomlin*

Habit 3

Take Flax Every Day for a Healthy, Trim Body
and Lower Cholesterol!

Benefits

What is flax?

Flax is a blue-flowering plant known for its oil-rich seed. People have been eating flaxseed since ancient times, it has a pleasant, nutty flavor. The health benefits of flaxseed and flaxseed oil are significant and for that reason this habit is recommended as a primary habit for health and a trim and fit body. Here are some of the benefits of flaxseed and flaxseed oil:

Flaxseed contains both soluble and insoluble fiber. Several studies have shown that flaxseed can help to lower cholesterol in the same way that other soluble fiber foods like oat bran and fruit pectin do. A study at the University of Toronto showed that total cholesterol levels dropped 9% and LDL (the “bad” cholesterol) decreased 18% among a group of women who ate milled flaxseed cooked into bread every day for a period of 4 weeks.

Flaxseed is one of the richest sources of lignans and alpha-linolenic acid. Studies suggest that lignans may help to prevent certain cancers. Flaxseed is one of the few plants in the plant kingdom that provide a high ratio of alpha-linolenic acid (an omega-3 fatty acid) to linoleic (omega-6 fatty acids), it is an excellent source of healthy polyunsaturated fat.

A new study has confirmed that the positive habit of taking flax seed daily can help you get a trim and fit body. I interviewed Dr. Sam Bhathena, a researcher at the Phytonutrients Laboratory of the US department of Agriculture, he said, “we have observed that flax seed meal is much more effective in lowering cholesterol than soy. Several other studies have shown that in general, omega-3 fatty acids, lower lipid deposition, and help in reducing body weight.”

Omega-3 fatty acids — More than half the fat contained in flaxseed is omega-3 fatty acid type, an essential fatty acid. There have been numerous studies reporting the health benefits of consuming omega-3 fats. Recent studies suggest that omega-3 fatty acids which are abundant in flax seed can help protect you from coronary artery disease, stroke, high blood pressure, autoimmune and inflammatory disorders. Studies on the effects of flax seed on breast cancer are now under way. Omega-3s can also help boost your metabolism, helping your body to burn calories faster.

Jorge Cruise author of the best-selling fitness book, *8 Minutes in the Morning*, is such a great believer in the ability of flax to help you lose weight, he has developed his own brand of flax seed oil. Flax is available as raw seed, ground seed and also as an oil which is made by cold pressing flax seeds. You can purchase raw flax seed, ground flax seed and flax seed oil at most health food stores. The easiest way to incorporate flax seed into your diet is to buy ground flax seed meal and add it to your food.

- Substitute for cooking oil or shortening in baked goods.

- Add ground flax seed to pancakes, waffles and cereals.
- Put ground flax seed on salads.

Habit Tips

Here is a great recipe for a super health shake. Make a protein shake with 8 ounces of your favorite juice such as apple or orange, add 2 tablespoons of flax seed oil, 2 tablespoons of soy powder, 1 tablespoon of lecithin, fresh fruit such as bananas, papayas or blueberries. Blend with a hand blender or an electric blender. This power shake will provide you with the health benefits of soy; omega-3's, fiber, antioxidants, and enzymes from the fruit, and the fat loss benefits of lecithin.

Triggers

Flax seed meal is cold processed. You can find it at most health food stores. It is a convenient way of obtaining many of the nutritional benefits of flax seeds, including fiber, magnesium, zinc, lignans and mucilage. Keep a bag of flax seed meal in your refrigerator and a container next to your baking goods. Keep a bottle of flax seed oil handy for protein shakes.

Weight Loss Habits

*It's a funny thing about life, if you refuse to accept
anything but the best, you very often get it.*

– W. Somerset Maugham

Habit 18

When Dining Out, Control Food Preparation and
Lose Weight

Benefits

When you eat out, make it a habit to request how your food is prepared. You should never feel like you have to accept food items exactly as they are described on the menu. Most restaurants will happily prepare your meal in different ways if you just request it. You can ask that they bake or broil fried items. Always remember to ask for salad dressing on the side, (use balsamic vinegar as a fat-free salad dressing) and baked potatoes plain with toppings on the side. According to the *Encyclopedia of Foods: A Guide To Healthy Nutrition*, you can save 10 to 30 grams of fat and 100 to 300 calories per entree.

Think about how this positive habit can help you achieve a trim and fit body automatically! Remember, your new positive habits will result in a change in your lifestyle. The cumulative effects of these lifestyle changes are considerable, they hold the keys to achieving a permanent, trim and fit body.

Triggers

Think of your food servers as your own personal nutrition experts. As they approach your table, imagine that they are coming to give you advice on how to get that trim and fit body you are looking for. How motivated would you be if they actually were nutrition experts?

Habit 20

Substitute Club Soda or Sparkling Water for Soda Drinks

Benefits

Remember Jill's story from chapter one? Did you know that carbonated soda drinks are the single biggest source of refined sugars in the American diet? Dietary surveys have shown that soda drinks provide 7 teaspoons of sugar per day to the average American's diet. If you drink two soda drinks per day, you are consuming 1,960 calories per week and over 100,000 calories per year!

By substituting sparkling water or club soda for sugar soda drinks, you can greatly reduce the amount of calories you are consuming. This simple habit can help you achieve a trim and fit body. Here are additional benefits you will receive from this habit:

- **Healthier teeth:** Refined sugar is one of several factors that can help to promote tooth decay.
- **High-sugar diets may increase the risk of heart disease** in people who are insulin resistant.

Think of your food servers as your own personal nutrition experts. As they approach your table, imagine that they are coming to give you advice on how to get that trim and fit body you are looking for. How motivated would you be if they actually were nutrition experts?

Keywords: Fat Loss, Weight Loss, Healthy Heart, Get Trim and Fit, Healthier Teeth, Stabilize Insulin

How to have More Energy...Automatically!

Here are two “increased energy” habits from the book. You will notice that each habit example has keywords listed below it. *The Power of Positive Habits* book has a comprehensive index with over 2,000 entries! You can use this index to quickly locate positive habits by their keywords. As an example you can look up habits for lower cholesterol, success, relationships, healthy heart habits, weight loss, more energy, less stress, reduced cancer risk, improved self-esteem and many more!

You will also notice that some of the example positive habits have habit “Tips” and habit “Triggers.” The tips contain valuable information that can help make the habit even more powerful, triggers help to remind you of the new actions you are taking which will result in the acquisition of a new positive habit.

*He who cannot find time for exercise,
will have to find time for illness.
– Lord Derby*

Habit 26

Start Your Day With Oatmeal For Energy,
a Healthy Heart, and a Trim and Fit Body

Benefits

If you want lots of energy, a healthy heart, and a trim and fit body, you can't go wrong with making oatmeal in the morning a positive habit.

Healthy Heart

A study published June 3, 1999, by the *Journal of the American Medical Association* (JAMA), reinforced the fact that women can reduce their risk of heart disease by eating soluble fiber from cereals such as oatmeal. “The Nurses Health Study reported in JAMA is very important because it provides women with effective and practical information on how to reduce the risk for heart disease, which is the leading cause of death for women in this country,” said Dr. Steve Ink, director of Nutrition Services, The Quaker Oats Company.

“The early results from these ongoing studies indicate that certain soluble fiber-containing grains – like oats – may work to lower risk for heart disease in several important ways.” Daily consumption (five or more servings per week) of cold breakfast cereals reduced the risk for heart disease in women by 19 %, while oatmeal consumption reduced the risk for heart disease by 29 %,” investigators at Pennsylvania State University, reported.

Long-Lasting Energy

Do you want to have sustained energy all day? Who doesn't? New research published in the *Journal of Applied Physiology* shows that oatmeal provides a slow-burning, sustained energy that lasts into the day. "Because oatmeal is rich in soluble fiber, its energy is released into the body slowly," said John Kirwan of the Noll Physiological Research Center at Pennsylvania State University, the study's author. "This gradual release helps conserve the body's energy stores during an active day, unlike a more rapidly-absorbed carbohydrate meal, which may leave you feeling tired soon after eating."

Another benefit that oatmeal provides in your quest for a trim and fit body and a healthy heart is that it is extremely filling. Start off your day with a bowl of oatmeal, and you will be less likely to snack before lunchtime.

Habit Tips

Here are some tips for making oatmeal even more nutritious and healthy for you:

- Stir in a small amount of good fats – almond or cashew butter.
- Try adding all-natural apple sauce for a sweeter flavor or add 100% fruit spread. (Berries have many health benefits.)
- Add a tablespoon of soy protein after cooking and get the combined benefits of soy and oats.

Habit 40

Take CoQ10 for a Healthy Heart and Increased Energy

Benefits

This is a great example of how you can combine positive habits and increase your benefits. If you combine this habit with habit 26 you will have sustained energy all day long! Habit 40 is one of the many nutritional supplement habits found in the book that will help you improve your health in many ways. These nutritional habits will help you lower your cholesterol automatically, burn more fat, help you to “cancer proof” your body and more! CoQ10 is found in every cell of the body; it is a naturally occurring nutrient. CoQ10 is most commonly found in fish and meats. It is a powerful antioxidant, and plays a major role in the energy system of our cells; it helps cells produce more energy. For many years, medical researchers have noticed that patients with heart failure had lower levels of CoQ10. Supplementing with CoQ10 restored their levels and also resulted in clinical improvements. Here is what some of the experts are saying about CoQ10:

Energy is life, and CoQ10 is a crucial component of the energy cycle and therefore of life itself.

– Emile Bliznakov, and Gerald Hunt, co-authors,
The Miracle Nutrient: Coenzyme Q10

It's (CoQ10) a heart medicine used around the world, and if your doctor doesn't know about it, you can easily get it on your own; it could save your life.

– Jean Carper, Author of the best-seller Miracle Cures.

Studies show that most people with congestive heart failure have a deficiency of CoQ10 in their heart muscle. The lower the levels, the worse the congestive heart failure. But studies also show that patients who were supposed to die 15 years ago from congestive heart failure are still alive today primarily because of taking Coenzyme Q10 daily. – William Lee Cowden, MD, Cardiologist

If you want to have a healthy heart and improved energy levels, consider CoQ10. Most experts recommend taking no more than 60 mg. daily.

Habit Tips

If you want to have sustained energy all day, try combining this habit with Habit 26 oatmeal for more energy.

Healthy Heart Habits and Lower Cholesterol Habits

If you want to live to be 100 or older, you can't just sit around waiting for it to happen. You have to get up each day and go after it!
– George Burns

Habit 27

Eat Fish at Least Twice a Week

Benefits

If you want a healthy heart, make it a habit to eat fish at least twice a week. The American Heart Association recently released guidelines for the consumption of fish. According to their guidelines, you should eat two, three-ounce servings of a fatty fish like salmon, tuna, or mackerel every week to help lessen your risk of developing heart disease.

Why is fish so good for your heart? Fish contain omega 3 fatty acids which have been shown to stabilize blood sugar, decrease the risk of coronary artery disease, and increase mental function. Eating more fish can also help you lower your LDL (bad) cholesterol and raise HDL (good) cholesterol.

Triggers

Keep cans of tuna fish in your pantry, and frozen fish fillets in your freezer.

Keywords: Healthy Heart, Lower Cholesterol, Less Stress, Stabilize Insulin, Primary

Habit 37

When Stress Hits, Count to Ten

Benefits

Make it a habit to slowly count to ten the moment you encounter a stressful situation. This slow, ten-second countdown may be just enough to cool you down. Researchers at Johns Hopkins University say that men who respond to stress with anger are three times more likely to be diagnosed with heart disease and five times more likely to have a heart attack before the age of 55. As you count down, take a few deep breaths; this will also help calm your nerves and relieve stress.

Triggers

Consider stress as your cue to begin your countdown.

Positive Habits for Success and Relationships

*Always bear in mind that your own resolution to success
is more important than any other one thing.
– Abraham Lincoln*

Habit 53

Make It a Habit to Set Goals

Benefits

It is almost impossible to overestimate the value of goal-setting as a positive habit. It is recommended as a primary habit because it can truly be life changing.

Research studies have shown that people who regularly set goals are far more likely to be successful than people who do not. Napoleon Hill, author of the best-seller, *Think and Grow Rich*, once said, “Definiteness of purpose is the starting point of all achievement, and its lack is the stumbling block for ninety eight out of every one hundred people because they never really define their goals and start toward them.”

A study was done to determine the importance of goal setting. College students who had gone on to achieve great success in business were asked to list their habits. The students who had made a habit of setting goals were in the top 3% of earnings in the population!

Goal setting is simple, yet 97% of the population never do it. By making goal setting a habit, you can start placing yourself in the top 3% of the population of successful people. Your goal-setting habit can help you reach any of your goals, regardless of whether they are for business, personal, relationships, and so on.

Keywords: Healthy Heart, Less Stress

Here are some simple steps to help you start your goal-setting habit:

- Step 1** Define your destinations, write them down, and be very specific; capture your goals on paper.
- Step 2** Determine what the time line is for reaching your goals; set specific deadlines for each goal.
- Step 3** Identify any obstacles that may stand in your way, list them, and state how you plan to overcome them.
- Step 4** Make a list of the people and/or organizations who will help you reach your goals.

Habit Tips

You can combine this habit with virtually any of your other habits. As an example, if weight loss is one of your destinations, make it a habit to set specific goals for the amount of weight you want to lose and a time line for reaching that goal. If a healthy heart is your destination, you can set goals for exercising and lowering your cholesterol.

Triggers

Keep a note pad with you at all times listing your goals, time lines, and plans to reach your goals.

Habit 56

Be More Productive With the 4-D Habit

Benefits

There is a very simple formula to help you prevent work overload. Every time you are faced with a new task to perform, apply the 4 D's as listed below. You will find that your workload will be reduced as you apply this screening and decision making tool to each task. Decide on the most appropriate choice – and take action. This positive habit will also help reduce stress in your life.

- **Do It Now** – take immediate action, do the task right away, don't procrastinate.
- **Dump It Now** – make a quick decision and dump the task.
- **Delegate It** – give the task to someone else. This is a very critical aspect of time management. Your time is valuable; make it a habit to work on tasks that you do best and delegate the tasks that can be performed by someone else.
- **Defer the Task** – make an immediate decision to postpone the task to a later time. Make sure to schedule a time to complete it.

Habit 59

Listen to Audiotapes on Your Daily
Commute Instead of the Radio

Benefits

Commuting is probably the biggest waste of productive time in the civilized world. Think of the millions of hours every day that people simply sit behind the wheel and steer their cars while stuck in traffic. You can turn this into productive time that will allow you to increase your education significantly: increase your vocabulary, learn a foreign language, gain knowledge of virtually any subject under the sun. You can do all this while driving to and from work.

Triggers

Keep motivational and educational audiotapes on the front seat passenger side of your car.

Keywords: Success, More Motivated, Increased Intelligence, Positive Attitude, Improved Self-Esteem, Primary

Habit 69

Make It a Habit to Reflect More and Risk More

Benefits

Sociologist Dr. Anthony Campolo conducted a study in which 50 people over the age of 90 were asked to reflect upon their lives. Each study participant was asked a simple question: “If you had it to do over again, what would you do differently?” There were many answers, but there were two that dominated the study.

“I would reflect more,” and “I would risk more.”

Have you ever felt like you are too busy doing things and you are not spending enough time thinking about the things you are doing and why you do them? Have you ever thought about the opportunities you may have lost because you were afraid of taking risks? Perhaps these elders have a lesson for all of us. Reflect more, and take more risks.

Habit 72

Leave Notes of Love and Appreciation

Benefits

Remember Bill's story in chapter one? If there is one thing that all human beings crave, it is sincere and honest appreciation. This is a great positive habit for husbands. If you really want to make your wife happy, leave her notes of appreciation and love on a regular basis. Buy some Post-it notes and leave them where she is most likely to see them: in her car, on the bathroom window, and so on. Tell her how much you love her, tell her what a great job she is doing raising your kids, give her kind words of encouragement and appreciation.

Triggers

Buy a package of Post-it notes and keep them somewhere handy.

Habit 80

Turn Dinners Into Romantic Occasions

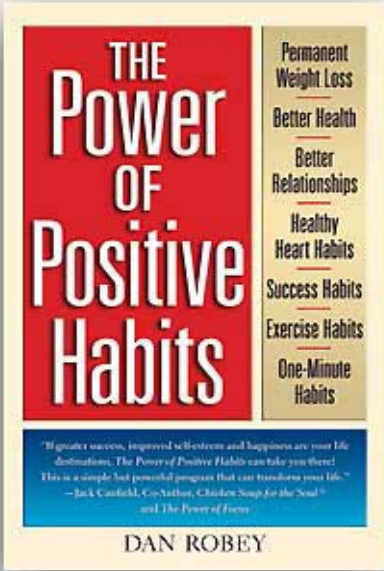
Benefits

It is often said that sex is the ultimate reinforcement for a man. If you want to keep your husband or boyfriend excited about your relationship, make it a habit to schedule at least one romantic dinner a month. Plan the evening and make the dinner special from start to finish, from arousal through to resolution. Include foods that have a high aphrodisiac quality, such as oysters, strawberries, and of course, chocolate. Create a romantic ambiance with candles and soft music. Champagne or wine can also be a part of the meal.

Triggers

Select a day each month for this romantic evening. Mark it on your calendar, the third Friday of every month, you get the idea.

Continue the Journey!



You have read a small sample of the comprehensive and powerful book *The Power of Positive Habits*...your life is about to change!

But, your journey has just begun!

You can continue your journey today by ordering *The Power of Positive Habits*, the new book that #1 NY Times best-selling authors Jack Canfield, Brian Tracy, John Gray Ph.D. are all raving about! (*see their comments on the next page*)

Order today for only \$16.95 and get:

- The Power of Positive Habits book containing the complete positive habits program. Dozens and dozens of positive habits for better health, weight loss, greater success, reduced cancer risk, higher self-esteem, more energy, less stress, fat loss, improved relationships, more motivation, and many more! See table of contents, positive habits index on next pages.

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Here is what the experts are saying about *The Power of Positive Habits!*

“If greater success, improved self-esteem and happiness are your life destinations, *The Power of Positive Habits* can take you there! This is a simple but powerful program that can transform your life.”

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- John Gray, Ph.D. Author of *Men Are from Mars Women Are from Venus*

If you have time for only one do-it-yourself, self-help, self-improvement title, then make it Dan Robey's *The Power Of Positive Habits!*

- Midwest Book Review

“Dan Robey's book, *The Power of Positive Habits*, provides you with a direct, simple, powerful program to inspire, motivate and organize your life. Positive habits will give you greater health, vitality, longer life and youthfulness.”– Patricia Bragg, Ph.D., Author, Health Crusader, Daughter of Paul C. Bragg, Originator of Health Food Stores

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