

PREMIUM

NEWSLETTERS



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3 EFFECTIVE HABITS

I want to share with you some of my thoughts on effective habits. After meeting and working with many successful people, I've noticed that many of them share similar habits. Since I'm so obsessed with productivity, whenever I meet a new successful person I always try to break down what habits that person has.

What most people don't realize is that habits are crucial if you want to become successful. It really does not matter in which field you want to become more successful. Do you want to get in the best shape of your life? You will need effective habits around exercising and eating. Or perhaps do you have a desire to get your finances under control? Then you will need to change your habits around spending and saving.

Ultimately you want to align your goals with your habits. That is the secret sauce to success many people aren't aware of. If you can align the two your life will never look the same ever again (in a good way!)

One way we can look at habits for success is like a vehicle. We all need to reach a destination, but which vehicle we pick makes the difference on how fast we get there.

Most people walk but we like to drive to our destination - preferably with a chauffeur so we don't have to actively "do it". The fact you're reading this newsletter indicates that you have aspirations and we want to help people like you. We hope by sharing our knowledge that you can upgrade your vehicle for you to get to your destination a lot faster.

Now I want to share three very important habits with you. These have changed my life for the better in so many ways. I remember when I first implemented all of them I started to notice people commenting how much work I got done. It wasn't until later when I connected the dots that it came down to these three habits (we have a lot more good habits but we'll share those in future newsletters and blog posts).

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1. PLAN YOUR DAY IN ADVANCE

Before you go to bed tonight - think about what you want to achieve the next day. If there were 3 things you wanted to get done the next day, what would they be?

This is one of those habits that you might have heard of before, but I cannot stress enough how powerful this habit is. I used to have this problem myself where I heard it before but never implemented. Then I heard this quote that changed my mindset:

“Quit saying you know things. Quit saying: Yeah I’ve heard that, I know that. If you aren’t living it, if you can’t do it, you don’t know it. You heard it somewhere.”

This goes for anything you want to apply to your life. If you have heard this before - now is the time to implement it.

2. EAT THAT FROG

Assuming you have planned your day with your most valuable tasks - start your day with the task that brings you the most value (this is sometimes also the task you dread doing the most).

Once you have gotten that out of the way, your day will be much easier knowing you’ve accomplished something big. Your brain will be bathing in dopamine and everything else you do will be easy in comparison. To get started on this - [here is a guide](#).

3. CLEAR TO NEUTRAL

Each time you finish something - clean things up and setup the tools for next time.

If you want to kill procrastination - CTN is the habit you need to have (on top of [solar flaring](#)). We often procrastinate because we feel like it takes a lot of energy to get started on something. With Clearing To Neutral you can eliminate that friction by setting up your environment so [it is easy to get started](#).

We highly suggest you start implementing all of them. Start with one, do it each day for one month and then implement the next one. I’ve seen many

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people's lives change for the better after implementing these habits and I hope you will do the same.

-Thanh

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