

HABITS THAT CHANGED MY LIFE

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 406

KELLY CLARKSON - WHAT DOESN'T KILL YOU

Yo what's up go gang guys and
girls
today we're going to talk about the
10
habits that are gonna change your
life these
are things i do on a daily basis that
took me from
a lost broke college kid to starting
my own company at 22 and
building a youtube audience of
over 80 000 subscribers and now
i'm the leader
of the go gang which is you guys
leading you towards more success
and according to a research done
by duke university
about 40 of your day is made up of
habits
so these are the 40 that you can

take control of
to improve your life automatically
in the background
that you don't even have to think
about

look at this equation right here
habit plus habit plus habit equals a
routine

and routine plus routine plus
routine equals
your schedule and your schedule
equals your whole
entire day so your whole entire day
are

made up of these series of habits
that are

basically automatic in order to
change

who you are in order to become a
better

person a more successful person a
richer person

you need to change your habits and

that's what we're gonna do right
here so
starting with habit number one
which is going for
more walks by yourself not with
anyone else
go on more dates by yourself so i
went
on a date by myself the other day
and i ended up at this place that
looks like it's straight out of the
discovery
channel i even saw a beaver
anyway i
walked a while because it felt good
to
finally get off tick-tock and i even
thought about life then i thought
what
would life be like if i was a bird
then i became a bird so i found that
99
of my genius thoughts then i

became a
bird my video ideas my
business ideas come really only
from one percent
of my thinking time and that's
usually
in the shower or on long walks
alone all right the next three are
going
to be rapid fire these are probably
things you know you should be
doing
number two eat healthy number
three workout
number four read more books you
know you
should be doing this this is
common knowledge
but why are you not doing it that's
a real
question we gotta answer because
you are probably
not doing the things you know

you should be doing so there's an economic theory that explains this and it's called time inconsistency

you

have to sacrifice right now for a future gain but your brain doesn't see the future again your

brain prefers the chips that you're gonna eat your brain prefers

watching netflix because that's the immediate gratification and this is

why the ability to delay gratification is one of the

biggest determinants of future success

what can you do to actually do the things

you know you should be doing here are

three strategies

you can use to make it easier for

yourself number one
break your task down to very tiny
chunks
so it's easier for you to start make it
easier for you to start is number
two and number three
is schedule things in advance
so you're kind of forced to go
whether you paid for it or
you already have an appointment
with
your coach or with your friend
all right keep these things in mind
when
you're trying to implement these
10 habits are going to totally
change your life
bros i know when we think about
skin
care we think it is complicated and
unnecessary let's just leave that
stuff to the girls
well i'mma tell you right now i

struggled with
acne for the longest time like i
think for like
three four years because i didn't
have the proper skincare routine
sometimes i wouldn't even wash
my face before i went to bed and
that's just so much bacteria
on your face building up overnight
and that's how you
get acne when tj henley reached
out and
they said they wanted to sponsor
this video i'm like hell yes because
the founder
is alpha m gentlemen great to see
you and might i add you
look incredible who is a legendary
youtuber
that i've watched while i was
growing up
come down below if you watch
alpha m so teach henley makes

skin care
uncomplicated
and extremely affordable because
every month
it ships you a box of the essentials
you
need in the acne system which i
bought personally before they even
decided to sponsor
you get four things all right you get
the face wash you get the
exfoliating scrub
which means it unclogs your pores
so you are
less prone to acne and then you get
the am moisturizing cream
and most importantly you get the
acne cream which helps reduce
acne but at the same time doesn't
dry your skin now
and moisturizes your skin
alright click the link down below
and

you can get started for only 25
for your first month and you get a
free

toiletry bag that you can carry
everything in
to your girlfriend's house if you
have

one but you will have one
once your skin is clear and you
have that amazing
exuding confidence by the way
free shipping within the us
the next habit is always keeping a
side thing and no

i'm not talking about girls all right
you should always keep a side
project

going on in addition to your main
thing

whether that's
working full time for a job or
whether you're going to school
high school college full

time you should always keep a side
project because for most people
your main thing doesn't fulfill you
creatively

it doesn't inspire you it doesn't
align with your life purpose but
you just

gotta slug through it so in order to
find

happiness and fulfillment you need
to do a side project

that aligns with your interest and
your purpose

so for me in my second year of
university

i started making youtube videos
just for fun

and eventually my side thing which
is

youtube became my main thing not
only

do you get the fulfillment from
your side thing but if you

work on it long enough and you
dedicate enough
time and attention to it it could
eventually become
your whole main thing and your
career
could be one that fulfills you both
with
financial rewards
and that sense of purpose and
inspiration
alright the next habit that for me
has
literally changed the way i think
about myself
is keeping notes on my phone
alright i've
literally written notes in my phone
for the past
seven years i started in grade 10.
i'll
scroll through it
i'm gonna blur it because they're

kind of
personal this has
had immense benefit one it made
me more self-aware
because i write down what i think
every single day
two it helps me remember what i
learned because whenever i go
to an event i write down the
lessons i've learned that day
and the act of writing things down
actually helps you remember even
if you don't look back on it
and the best part it's an easier way
to
journal you don't need to like pull
your notebook carry that around
with you
every day you always have your
phone just
pulling out typing a couple
sentences
introducing yourself to

others and making new friends
because that's what the next
tip is it's a habit that you need to
build in order to become more
confident and in order to make
friends

so my first year of university when
I first entered school
i didn't know anybody i'm sure you
probably won't as well
i made a promise to myself that i
would say
hi to one new person every single
day in my classes and this habit
literally changed my entire social
life

and it made me more confident and
it made me
less nervous in social situations i'm
not sure if you can tell right now
but

i was actually a very shy kid
confidence is a developed skill and

saying hi
introducing yourself to new people
is how you develop that
but when you're working on your
habits
every single day and you're not
getting the results that you want
that's when you need to implement
this next habit
the habit of talking to yourself
every single day all right i know
that
might sound a little bit weird and
psycho for a lot of you but i'mma
tell you weird is good
because what the masses believe is
not necessarily
right and it's usually like dumb
down
information so i'm telling you the
raw
truth right here
so talking to yourself what i do at

the end of every single day
is i take out my ipad or just your
phone or
a camera whatever and i record a
little
five to ten minute video of me
talking through what my wins for
the day
what i did well and then two how i
can improve
and three i talk about just whatever
i'm thinking
i'm trying to process my thoughts
it's like an emotional therapist no
one understands you as well as
you do it's very different watching
yourself versus being yourself
you'll get a completely different
perspective
and that perspective is what you
need in
order to
move forward the best part is these

vlogs are something you can look
back on
in one year three years five years
ten years and see the incredible
progress you've made
and just congratulate yourself man
i've never shown my vlogs to
anyone and i never planned to but
i feel like the go game right here
we
have a very special connection and
i want to show you everything that
I can in order to inspire you to
move forward and
take action so i'm going to show
you a vlog right now
from around one or two years ago
of when
i was struggling to make new
youtube videos
hi hi it's very late it's 12 36
right now but uh i'm gonna force
myself

to do it because i said
daily vlogs right it's hard to grow
your account from zero to a
hundred thousand to a million
right that's hard but in theory you
say oh you just grow that account
and then you redirect that attention
elsewhere that sounds simple but
actually being able to do that
is very hard and that's what i
realized today
young happy was a lot different
please drop a like for
that vulnerable situation i put
myself in all right not
easy being a youtuber man i gotta
reveal
so much of myself and i'm a
scorpio i'm emotionally closed off
as they would say
so drop a like you know drop a
subscribe too
the last habit is developing a

growth

mindset and the opposite of that is
a fixed mindset so let me talk about
the differences

growth mindset is everything can
be improved

you are not limited by your life
situation you're not limited by your
upbringing

well a fixed mindset is everything
around me

has constricted me to who i am
right now

growth mindset means no matter
what situation you're in
no matter how poor no matter how
incredibly stressed you are no
matter

whatever happened in your life
there

is always gonna be a way where
you can improve yourself
improve your life situation and

move past
your obstacles all right i know it's
hard right now for a lot of you
especially with
the current world conditions it's
just
panic out there right i know it's
hard
it's hard for me too but when you
develop a growth mindset you
always
see the exit at the end of the tunnel
and because you see that light you
make
progress towards it every single
day if all you saw was complete
darkness would you move forward
would you take constant strides
towards your goals
no you're focusing on the obstacles
instead of focusing on what is
actually important
which is your goals right so

developing a growth
mindset is the way you can move
past anything in your life and
actually achieve exactly
what you want so dare to dream no
matter how
hard it is for you right now just
know that there is a way for you to
get through it



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