

Winning Habits



Redefine Success, Break Free From Bad Habits, And Achieve Your Full Potential

There are a lot of resources out there that can expand your knowledge of success and teach you things that are not covered in the book. Everyone has their own unique perspective on success and you should read as much and as widely as possible if you want to give yourself the best chance of reaching your goals.

That's why we have put together this resource guide, broken down into the different categories that you'll want to study to be successful and populated with the best information on the internet about setting and reaching your goals and making your dreams come true.

The Psychology Behind Habitual Actions

If you want to read up more on some of the psychology behind how habits form, get broken and about habitual actions in general, here are some resources that will teach you some basics and more advanced information about the psychology behind habits.

Psychology Today

<https://www.psychologytoday.com/basics/habit-formation>

A plethora of articles and information on habits from the well-respected website Psychology Today.

The Power of Habit

<http://www.npr.org/2012/03/05/147192599/habits-how-they-form-and-how-to-break-them>

Some free information from Charles Duhigg's *New York Times* bestselling book *The Power of Habit*, as published by National Public Radio (NPR).

You may also want to check out the book itself. Here is an extract from that same book, from Mr. Duhigg's website.

<http://charlesduhigg.com/how-habits-work/>

The Simple Psychology of Habits

<http://psychologyofeating.com/simple-psychology-habits/>

Although this is from a website that deals with overeating and other obesity-related habits, there is a great deal of good information in this article about habits in general. You can apply the information here to just about any habit that you can think of.

Setting Long and Short-Term Goals

Your next set of resources all have to do with setting goals – both the long-term and the short-term goals that will make you successful. Here are some great things to read up on.

Success Magazine

<http://www.success.com/article/rohn-4-tips-for-setting-powerful-goals>

Here are four great tips to get you important information on goals directly from the experts at Success Magazine.

Beginner's Guide to Goal Setting

<https://michaelhyatt.com/goal-setting.html>

Motivational speaker and author Michael Hyatt has created a very useful beginner's guide to goal setting, which introduces you to the basic concepts

and helps you avoid pitfalls that many success-bound people can fall into.

How to Set Goals

<https://www.psychologytoday.com/blog/notes-self/201308/how-set-goals>

Psychology Today has published a comprehensive article on setting goals, including the difference between long-term and short-term and some pretty incredible tips that you might not have heard before.

Effective Goal Setting

<https://www.stephencovey.com/effective-goal-setting.php>

Stephen Covey, the well-known author of the bestseller '7 Habits of Highly Effective People' has published a great article on his website about setting goals and achieving them.

Smart Goal Setting Examples

<http://www.educational-business-articles.com/smart-goal-setting-examples/>

Here are some goal setting examples for those who want a ready-made format to follow to get started setting and following goals right away.

Developing the Right Mindset

Next, here are some resources on developing the right mindset for success. Just as a knight straps on his armor and weapons before heading into the battle, the right mindset is going to be your preparatory step before you start working towards your goals. Here are some resources to help you do just that.

Lifehack

<http://www.lifehack.org/articles/communication/straightforward-formula-for-living-your-success.html>

<http://www.lifehack.org/articles/communication/25-tricks-set-your-mindset-for-success.html>

<http://www.lifehack.org/449308/how-to-develop-a-mindset-for-success>

Lifehack has created some great articles on developing the right mindset for success.

INC Magazine

<http://www.inc.com/jessica-stillman/5-steps-to-get-the-right-mindset-for-success.html>

INC Magazine has outlined five steps to a successful mindset that may help you understand how to develop the mindset you want and achieve that goal sooner than you thought you could.

Mindset Online

<http://mindsetonline.com/changeyourmindset/firststeps/>

Mindset Online has come up with one of the best step-by-step guides out there for creating the kind of mindset that you need for success. In addition

to this information, the entire website is a treasure trove of good advice on how to develop the mindset that you want.

Replacing Bad Habits with Good Ones

One thing that you may have picked up from the book is that you cannot simply eliminate your bad habits. Your brain thinks that you are taking something away when you do that and fights with you when you try to eliminate a habit. That's why you need to replace bad habits with good ones. Here are some great resources to help you with that.

Zen Habits

<https://zenhabits.net/the-7-keys-to-turning-bad-habits-into-good-habits/>

Zen Habits has a great list of seven keys that you can do to change your bad habits into good ones, along with some really terrific examples.

Psych Central

<https://psychcentral.com/lib/7-steps-to-changing-a-bad-habit/>

Psych Central also has a list of seven things that you can do to change your bad habits into good ones, based upon the science behind habitual actions.

Time Magazine

<http://time.com/3593367/change-bad-habits/>

Time Magazine published a great article on changing your habits, and it outlines some of the most important things to remember when it comes to creating new habits and stopping the bad or destructive ones that are keeping you from success.

James Clear

<http://jamesclear.com/how-to-break-a-bad-habit>

Author James Clear published a step-by-step approach to swapping the bad for the good one his website. It has some really valuable information in there.

Greatlist

<http://greatist.com/health/hack-your-brain-turn-bad-habits-good-ones>

Finally, Greatlist published a bunch of ways that you can “hack” your brain to change a bad habit into a positive one.

Overcoming Obstacles that Stand in Your Way

Finally, here are some resources on overcoming obstacles. As you strive towards you success you are certain to encounter obstacles and barriers that may prevent you from moving forward. These resources may give you some strategies to overcoming them.

Entrepreneur.com

<https://www.entrepreneur.com/topic/overcoming-obstacles>

A great guide from one of the best resources on the web for those who want to become an entrepreneur on how to overcome obstacles – from Entrepreneur.com.

Inc.com

<http://www.inc.com/kevin-daum/4-tips-for-overcoming-obstacles.html>

Four tips from the well-respected business website Inc.com to help you get past any obstacles that are blocking your path to success and avoid getting caught up in them.

Psychology Today

<https://www.psychologytoday.com/blog/pieces-mind/201605/overcoming-obstacles>

Psychology Today's take on overcoming obstacles, which are based upon the science surrounding goals, habits and the barriers that our own minds can sometimes put up to keep us from achieving our goals.

Maria Shriver

<http://mariashriver.com/blog/2011/10/six-tips-overcoming-any-obstacle-your-life/>

Maria Shriver has written this guide to overcome any obstacle that you face in your life, no matter what it is and no matter how difficult it seems to be. This is a great resource for those who face unusual obstacles.

Good Reads

<http://www.goodreads.com/quotes/tag/overcoming-obstacles>

Finally, here are some great quotes on overcoming obstacles that will give you wisdom and motivation when you face something that you think you can't get past.