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SIMPLE HABITS THAT

HELP ME WIN THE DAY



INTRODUCTION

As you read this guide, no matter where you are, no matter what you are feeling, you are exactly where you need to be in this moment. Contrary to what society will have us believe, there is no perfect timeline when it comes to success in your business or personal life. It is never too late to achieve your goals.

Regardless of what you have accomplished so far, know that your potential is *limitless*. You are capable of exponential growth. By making a few shifts in your mindset and daily habits, you have the ability to multiply your performance and success in every aspect of your life.

Many of us mistakenly believe that growth must happen gradually. However, you can unlock exponential growth quickly and effectively by making a few changes in your daily routine.

Whether you are struggling in your career or relationship, or you are simply feeling stuck and stagnant, this is the guide for you.

In the following chapters, I will outline proven habits and strategies that have personally changed my life. These habits, practiced by many high performers, will help you find success and transform your goals into reality.



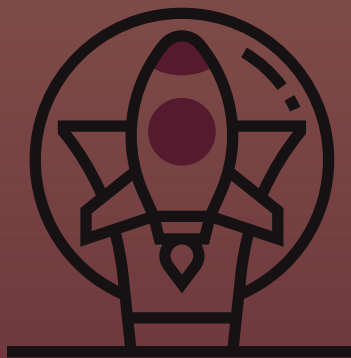
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#1

ASSESS YOUR GROWTH

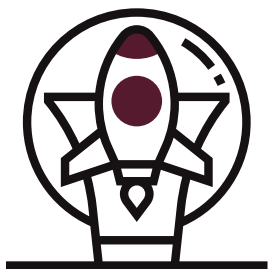


ASSESS YOUR GROWTH

In order to unlock your limitless potential, *you have to start with the basics.*

To achieve the quality of life you desire, you have to be willing to make some significant—and at first, uncomfortable—changes to your daily routine. Your current and the comfort level associated with them can act as a safeguard. They ensure you maintain your current levels of performance and happiness. You continue to practice these habits because they feel comfortable to you, but in order to achieve the life you desire, you have to start embracing things that are unfamiliar. *You are being held hostage by your habits*, and recognizing that is the first step to shifting your trajectory. You have to step out of your comfort zone, observe your daily habits from an objective perspective, and launch into uncertainty. That is where you will find limitless possibilities.

If you want to accelerate this process, you need to quickly identify the aspects of your routine that work for you, and the aspects that are working against you. The highest performers, those who are happiest and most successful, consistently evaluate themselves. They take note of which habits are allowing them to grow and which ones are holding them back. Assess your daily habits and thoroughly analyze what you can adjust to propel yourself toward your goals. With only twenty-four hours in a day, how can we make the most of our time? By continually striving for progress, not perfection.



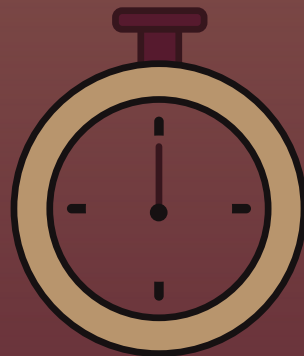
Einstein said, "The definition of insanity is doing the same thing over and over and expecting a different result." If you are not 100 percent satisfied with your life, you need to be willing to try something different.

Important note: When assessing your growth, try not to do so as a critic. Be sure to celebrate all of your victories no matter how small. Always try to keep any observations objective, rather than emotional.



#2

USE THE
PRESENT
MOMENT



USE THE PRESENT MOMENT

We've all received generic advice like *be present, enjoy the present moment, and live in the now*. But what does any of that really mean, and how does it help us?

All of the above adages relate to something vitally important that very few of us actively think about: *the only time that ever actually exists, is right now*.

.....and *Now*.

.....and *Now*.

The past did exist, but when it existed, it was *Now*. The future will exist, but only when it is *Now*. The present moment is the only time that actually exists, and it's the only time we have any control over it. It is both confusing and simple all at once, but thinking about it this way can help ease that confusion: Everything you experience happens in the present moment. We can remember the past and plan for the future, but when we do these things, we are doing them *now*. Everything you have ever done, every decision you have ever made, was done in the present moment.

We cannot control the past or the future. We can only control what we say and do right *now*. Why is this important?

Depression is often rooted in the past. We regret something that happened and dwell on the consequences. Negative self-talk is also usually based on past events. We often spiral into should-have-could-have-would-have thought patterns when trapped in negative self-talk. Anxiety is almost always future-based. We worry about what might happen and overthink possible future scenarios that are uncertain.

You may have heard the quote "Where your focus goes, your energy flows." This could not be more true. When you start shifting your focus to the present moment, you'll realize how beautiful and transformative this practice can be.



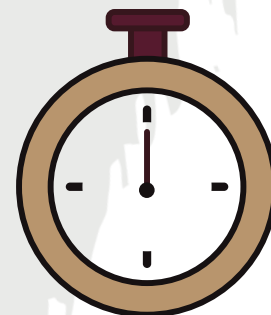
USE THE PRESENT MOMENT

YOU MAY BE ASKING YOURSELF, HOW DOES THIS HELP ME?

No amount of regret will change your past decisions. Even if you spend your entire life thinking about what you could have done differently, it will not change anything. We all know this on an intellectual level. However, it is one thing to know something and another to act on it. If we truly understood that the acts of worrying, stressing, and regretting are quite literally futile, then we wouldn't continue to do it, right? Unfortunately, this thought process is a habit developed over many years until it becomes automatic. It creates an illusion that you do not have any control over your negative emotions. When you start to shift your focus to the present moment, on what is happening now, you will recognize how unhealthy your patterns of dwelling on the past and worrying about the future truly are. And therefore, stopping these patterns will be easier.

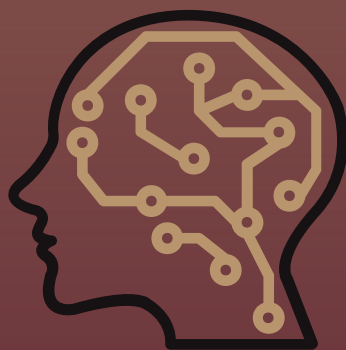
Focusing on the present moment can have an immensely positive effect on your life. When you start to focus on the power that the present moment holds, the path toward your goals becomes clearer. You can prioritize your time better, you will create and maintain stronger relationships (with yourself and others), and you will become more in tune with your thoughts and your surroundings. Then it becomes much easier to choose the helpful thoughts and feelings to preoccupy your time. As with any habit, it becomes easier the more you practice.

You may be thinking that it's not as easy as it sounds to just stop stressing about the future and dwelling on the past. But what if I told you that you are not the one worrying or dwelling on anything. In fact, *you* already know all of this information and have the ability to stop any negative thought patterns right now.



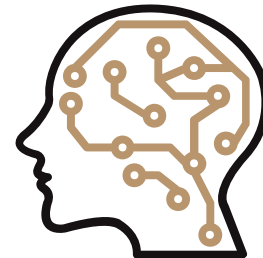
#3

YOU ARE NOT
YOUR MIND



YOU ARE **NOT** YOUR MIND

Who are you? Take a minute to really think about that question and your response. You may answer with your name, or you may use a list of labels like daughter, son, brother, or sister. Maybe you identify with your job title or a title related to your hobbies like athlete, dancer, gamer, soccer coach, and more.



Scientists believe that at some point around the age of seven, your conscious mind starts developing. During this stage, your mind starts collecting labels to define yourself and others. But *you*, your true self, your higher consciousness, your soul—whatever you want to call it—existed long before you developed any labels and will continue to exist long after.

Have you ever observed your thoughts? You may have done so without even realizing it. You may have observed the overwhelming number of thoughts you were having and realized you had been overthinking a situation. Maybe you remembered an obscure detail or fact from your past, and you were impressed with your ability to recall that memory. Being able to observe your thoughts automatically separates you from them, and this is the very first step you have to take in order to regain control of your mind.

You can observe your thoughts because you are separate from them. If you and your mind were one entity, you would not have the internal dialogue that we have as humans. You could not be *aware* of your thoughts if you were *one* with them. You have the ability to either affirm or deny a thought that enters your mind, which *you could not do if you were the thought*. The awareness of this separation is immensely important. The act of observing thoughts within your mind is often referred to as practicing mindfulness, and this can be done anytime and anywhere.

With practice, you will begin to have more control of which thoughts you allow to stay, and which you would rather let go of. Your ego, or inner critic, goes by many names. It is both a conscious and unconscious part of the human mind. The word *ego* is Latin for "I," and *egoism* is the motive to act in one's self-interest.



YOU ARE **NOT** YOUR MIND

To put it simply, the ego is the part of your mind that believes it is responsible for your security and survival both physically and emotionally. It is the mind's construction of its own identity—an identity that is false. It is an accumulation of thoughts and beliefs about who we are and what we are capable of. Your ego has developed over many, many years, and it grows stronger with time. But that doesn't mean you can't regain control of it. With observation and practice, you will learn how to operate from your higher consciousness rather than your ego.

The ego judges people and things. It labels everything as good or bad, right or wrong. Your ego wants you to believe that these labels are who you truly are, and anything that threatens this self-image is perceived as an attack against you. Because of this, it is extremely important to distinguish whether a thought or a feeling is coming from your ego or your true self.

Your ego is often calling the shots when you find yourself having negative, judgmental, or shameful thoughts. For example, when you say to yourself, "I am not good at _____," that is your ego disguising itself behind the word I. It is reinforcing a specific belief ingrained in your mind over time. While it is normal and healthy to develop some sort of self-image that makes you unique, it is problematic when the narrative is consistently negative. Such a self-image leads to low self-esteem, depression, and stagnation on the path toward your true goals and ambitions. Ultimately, it can hold you back from the absolute greatness you are capable of.

Start observing your thoughts (practicing mindfulness) and do so without judgment. Visualize your thoughts like clouds in the sky. You have the ability to focus on one or let it drift past you. Only then will you be able to catch your mind becoming preoccupied with the past or future. This is the first step to achieving inner peace and freeing yourself from the chaos that your mind creates. Unlike your ego, which is almost always focused on solving insignificant "problems," you are capable of limitless growth and achievements. Stop focusing on things you cannot change and shift your focus to things that you can presently control right.



#4

ACCEPTANCE & FORGIVENESS



ACCEPTANCE & FORGIVENESS

There are two words that I encourage you to become very familiar with: *acceptance* and *forgiveness*. Apply acceptance and forgiveness to yourself, your past, and to others. I know those words can sound cheesy, but the power they hold is almost incomprehensible. You absolutely cannot change something that is in the past (remember, the only time we have any control over is the present), but you can *accept* a decision you have made and *forgive* yourself if it wasn't what you thought it should have been. You literally cannot change it, so you may as well accept it, right?

If you step in a puddle and have wet feet, you cannot regret that decision hard enough to dry your feet. When I put it that way, regret sounds crazy! Trying to resist something that has already happened is completely futile, and it will only continually create toxicity in your life. The past is gone. You cannot control or change it. In the present moment, the only time that ever truly exists, you have complete control over your thoughts and actions. You can choose to spend the rest of your walk upset about how wet your feet are, or you can choose to accept your wet feet, put them out of your mind, and enjoy your walk.

When you start accepting and forgiving yourself, it becomes much easier to learn from your mistakes. If you can take the emotion out of the situation and objectively evaluate the way you were thinking, you will start to discover details that may have gone unnoticed. You may be able to better understand what led you to a certain decision and how you can make appropriate changes in the future. You can acknowledge and accept a decision without regretting it. You can make better decisions now so that you do not repeat the same mistake. Are you upset that you didn't exercise enough last week, or maybe you weren't as productive as you had hoped? You have two choices: let those past decisions continue to create toxicity in your life, or *do better now*.

These two words are important to apply to yourself, but they are just as important to apply to others as well. Negative energy is just as contagious as positive energy. When you are in a state of negativity, not only will you notice more negativity around you, but you will begin to attract negativity into your life as well.



ACCEPTANCE & FORGIVENESS



Imagine you are driving to school or work and someone blatantly cuts you off in traffic. You instantly feel anger starting to come up from within. You have a choice. You can give them the finger, yell some profanity at them, and continue to harbor resentment to this stranger for the rest of your day. Or you can let it go. You can accept that it happened and move on.

In either situation, you are not changing the event that has already taken place. Instead, you are changing the only thing you have control over: *your reaction* to the situation. No matter how angry you get at the stranger, you will not have any effect on their driving or their life at all. But if you continue to remain caught up in the negative emotion it caused you, it *will* affect your life. You will walk into work or school exuding this negative energy. It will affect the way you interact with other people, and it will attract more negative energy back toward you, creating a vicious cycle.

I'm not saying you should never react to things that happen. In fact, it is very important to allow yourself to feel emotions naturally however your body wants to process them. The essential piece to the puzzle is to stop holding on to things that you cannot change. If something happens and it makes you angry or sad, allow the emotion to take place and feel it wholly and completely. Observe the physical manifestations that occur in your body (rapid heart rate, flushed face, etc.). Observe the thoughts you are having but do so without judgment. Let your body process whatever feelings come up, but then remind yourself that it is over. Redirect your focus to the present moment. Is there anything you can do *right now* that will fix what happened or make you feel better about it? If there is, *do it now*. If there isn't, accept that fact and make the definitive choice to not let a negative moment from the past continue to affect your present experience.



ACCEPTANCE & FORGIVENESS

Typically, a physical reaction to a situation is much shorter-lived than a mental or emotional reaction. Humans torment themselves constantly by mentally reliving traumatic past experiences. Our minds are so powerful that when we do this, it is as if we are actually going through the experience again, over and over. This creates ongoing stress, which wreaks havoc on the mind and body, about a situation that is no longer happening.

This doesn't mean you should accept and forgive anything and everything that is done to you. You do not have to forgive anyone who has done something that you feel is unforgivable. What it does mean, however, is that someone who has wronged you so significantly should not continue to hold power over you. So, what can you do *right now* about it? In most situations, it's best to create distance between you and that person. Distancing yourself is making a conscious choice that you do not want that energy in your life. If you do this, make sure that you are distancing yourself from the toxic person physically and mentally. Accept what they did no matter what it was (it cannot be changed) and release your mind from reliving the past experience.

Letting go of the things you have been holding onto, whether it is about yourself or others, can be immensely beneficial for your wellbeing. You will have an emotional weight lifted from you. You will notice positive changes in every aspect of your life. You will learn more from your mistakes, and you can use those lessons to reach your goals more quickly and effectively.

Mother Teresa said, "You are the consciousness beyond the mind. By stilling the mind, you realize this fact. Then the peace of mind will always be with you."



WHO AM I

Sid Chawla is a widely recognized figure in personal development and has been featured on NBC, FOX, CBS, and USA Today.

With a diverse and accomplished background as a three-time CEO, two-time author, and certified expert in both neuroscience and neuro-linguistic programming, Sid has carved a unique niche as a lifestyle optimization influencer.

His passion lies in sharing peak performance protocols that empower individuals to bridge the gap between who they currently are and who they are capable of being.

Sid lives in New York City, where he writes his acclaimed [weekly newsletter](#), guiding readers from theory, to practice, to ultimate mastery in personal and professional growth.



For more information about me, please visit www.sidchawla.com. To read more from me, check out my best-selling book [Spark Your Inner Genius](#) on Amazon.

