

FAST START #5:

Habit Gravity & Escape Velocity

This model is the most powerful concept I've ever learned when it comes to productivity and getting the most out of yourself.

It's called Habit Gravity & Escape Velocity.

It's a synthesis between Zen Buddhism and Systems Theory. Weird, I know.

The most important and powerful state we can be in is the state called Awareness.

Awareness is when we remember that we're alive. We zoom out for a second and see the bigger picture. Think of getting in a major car accident, and it shocking you so much that you call up all the people you love and you tell them you love them. That's Awareness.

The rarest and most precious form of ENERGY we have is Will Power. We get a tiny bit of it each day, and we often waste it on things that aren't that important (like holding back our true emotions).

Now... it takes about 30 days to form a new habit. If you do something every day, it'll take on a life of its own after 30 days.

Days 1-10 is the first phase. I call it Defying Gravity. Everything inside of you will tell you "No, I don't want to do that!"

Days 11-20 is the second phase. I call it Resistance. You're no longer defiant, but you still have to push through. You don't naturally feel like doing it yet.

Days 21-30 is the third phase. I call it Acclimation. The resistance starts going away, and it begins to feel like the natural thing to do.

Here's how this ties back to Awareness and Will Power.

When we get some Awareness and Will Power, we can use them to start or develop a new habit (what I call a Routine). That way, 30 days later it'll have a life of its own, and you won't need more Awareness or Will Power to keep it going.

Then, the next time you get Awareness or Will Power, use them to start a NEW habit... and repeat the cycle.

When you do, you'll become so productive... you won't even believe it.

