

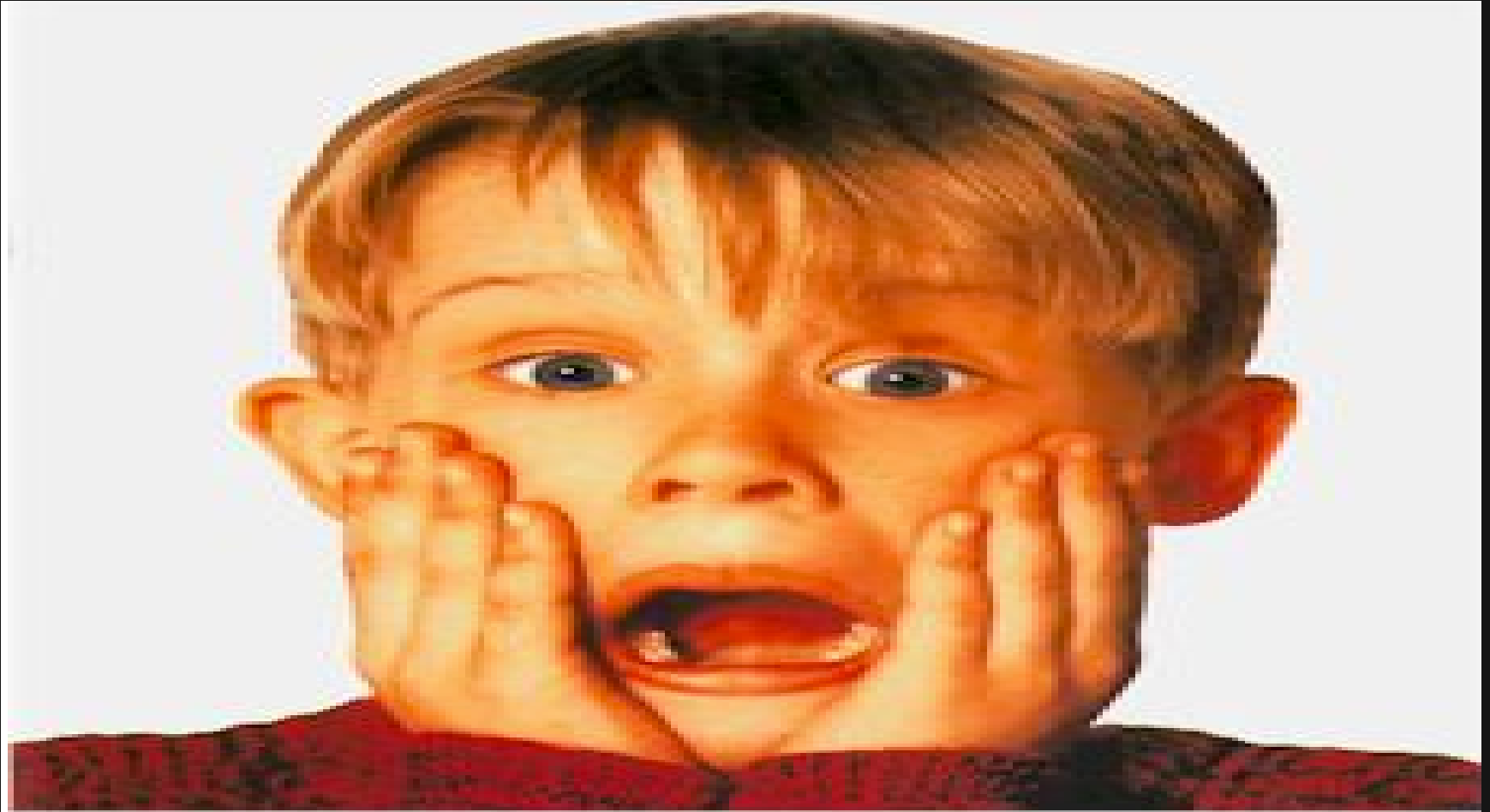
(Right) Habits of Success Stories

Craig Ballantyne



www.EarlytoRise.com/RightHabits

The Good News & Bad News About Being Your Own Boss



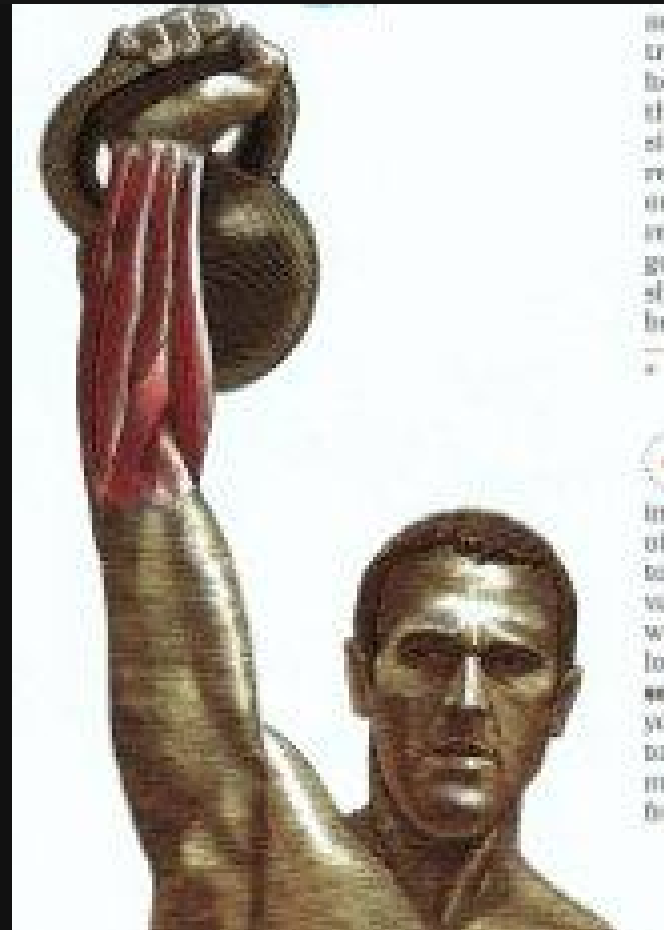
The Bad News About Being Your Own Boss

1. Take On Too Many Projects
1. No Separation Between Work and Non-Work
2. You Do Too Many \$10/hr Tasks
3. You Are Addicted to Technology
4. Too Much of What We All Want

The Good News About Being Your Own Boss

1. Whispers Vs. Screams
1. You Set the Hours
2. You Choose the Work
3. You Have Only One Person to Blame
4. You Can Be Free

Craig Ballantyne, The Turbulence Training Years



2007

My Decision...

My MBA



The EarlytoRise.com Era



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Author's Page:
MICHAEL MASTERSON



Michael Masterson has developed a loyal following through his writings in **Early to Rise**, an e-newsletter published by Agora, Inc. that mentors more than 450,000 success-oriented individuals to help them achieve their financial goals. Masterson has been making money for himself and others for almost four decades. At one time or another, Michael Masterson (a pen name used by this ultra-successful businessman) has consulted for and advised multi-million dollar companies that were both public/private, onshore/overseas, local/international, service-/product-oriented, retail/wholesale/direct mail, and even profit/not-for-profit.

Masterson is the author of several Wall Street Journal, New York Times and Amazon.com best sellers, including *Ready, Fire, Aim: Zero to \$100 Million in No Time Flat*, *Seven Years to Seven Figures: The Fast Track Plan to Becoming a Millionaire*; *Automatic Wealth: The Six Steps to Financial Independence*; *Automatic Wealth for Grads... and Anyone Else Just Starting Out*; *Power and Persuasion: How to Command Success in Business and Your Personal Life* (all published by John Wiley & Sons); and *Confessions of a Self-Made Millionaire and Changing the Channel: 12 Easy Ways to Make Millions for Your Business* (with MaryEllen Tribby).

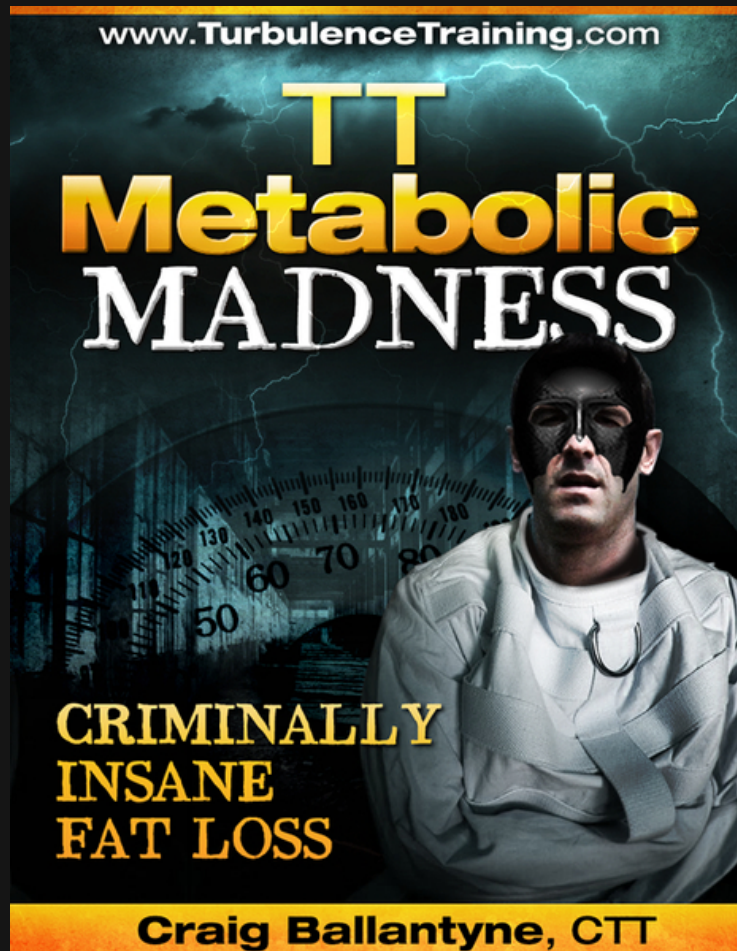
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My 2 Full-Time Jobs



Right Habits of Internet Success Stories

1. Prioritization of Goals for Life and Business
2. Structure Your Life For More Freedom
3. Established *Magic Time* Strategies

Everything We Need to Know...



Habits of Transformation Winners

1. Prioritization of Goals & Vision of Success
2. Structure Their Lives For Results
3. Established *Magic Fat Loss* Strategies

Your Vision

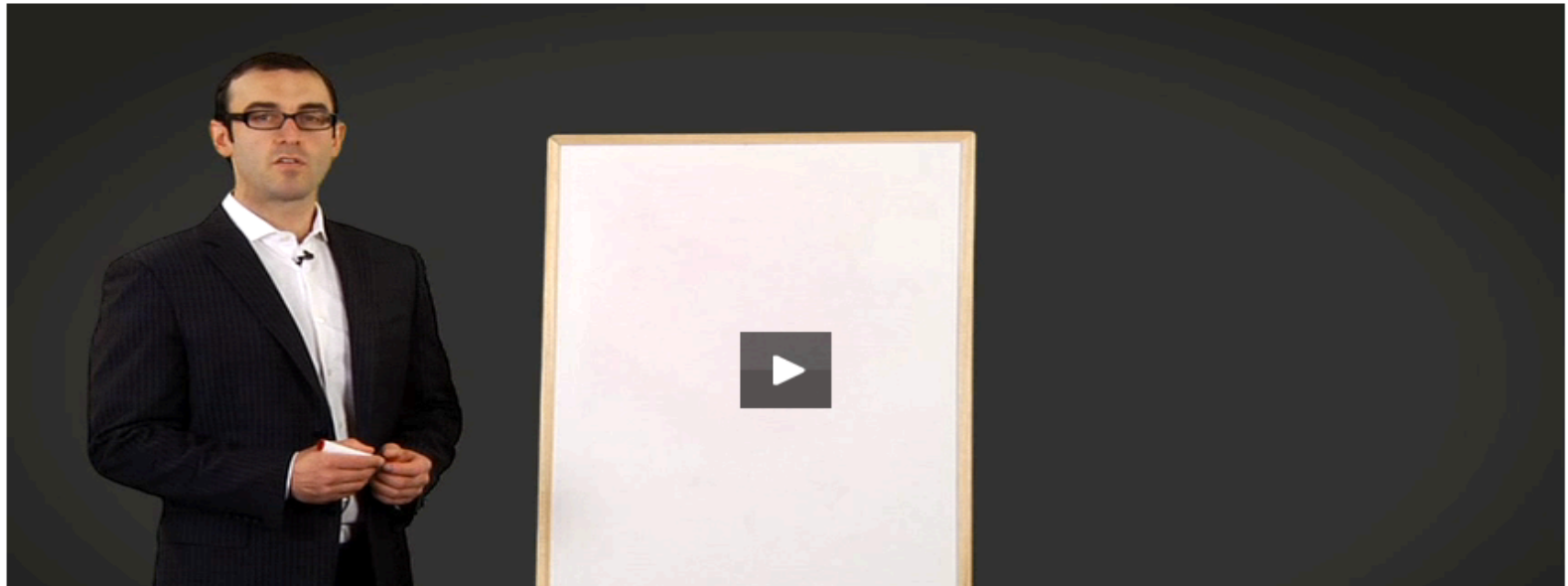
You cannot start your journey *until* you know where you want to go.

Creating the Vision for Your Life



A New American
DREAM

THE VISION | COMING SOON | COMING SOON | COMING SOON | COMING SOON | [CONTROL YOUR FUTURE](#)



www.ANewAmericanDream.com

Creating Your Vision

1. Write from 5 years in the future
2. Describe what each aspect of your life looks like:
 - Your business
 - Your family
 - Your health
 - Your social self
1. Get feedback, re-write & share it

Creating Your Vision

1. What does your Endgame look like?
2. What are you NOT willing to do?
3. All that really matters is what matters to you.

The Bonus BIG Question

What is the ONE thing that must happen
in the next 12 months for you to consider
this a *breakthrough* year?

Final Piece of the Vision

- Your Rules / Personal Philosophies / Big Ideas
- www.EarlytoRise.com/12-rules
- More structure = More _____

My 12 Rules

1. Go to bed and wake up at same time, 7 days a week.
2. Write for at least 60 minutes, first thing every AM.
3. No email before 10am.
4. No phone calls unless scheduled.

My 12 Rules

5. To-do list, daily readings, AND a gratitude journal.
6. Do not engage in confrontation.
7. Guided by two phrases:
 - i. “Nothing Matters”
 - ii. “It will all be over soon”
8. Everything that happens to me is my personal responsibility.

My 12 Rules

9. I will not stop until I have helped 1 million men and women transform their lives.

10. I will not be the person I do not want to be.

11. “I will always keep the child within me alive.”

- Frank McKinney

12. “I will write with honesty and feeling.”

- Ted Nicholas

Your Rules

1. Share Them
2. Live Them
3. Attract Them

"Catherine Beats Fat Loss Plateau By Losing 14 Inches, 14 Pounds, and 5% Body Fat - And She Looks 14 Years Younger!"



Your Roadmap

1. Your Vision
2. Your Breakthrough
3. Your Rules / Personal Philosophies / Big Ideas

Your Daily Structure

More structure = More freedom

Creating Right Habits

1. Know Thyself
2. Identify Your Weaknesses
3. Eliminate OCD Loops
4. Reduce the Silent Killer
5. The Solution from “The Donald”

Trump Time Journal

- Write down what you are doing every 15 minutes.

8:00am

8:15am

8:30am

8:45am

9:00am

Etc...

Your Ultimate Weakness

How many times do you do this?

How to Beat Email Addiction

Your inbox is your responsibility.

How to Beat Email Addiction

MISTAKE #1 – You check email first thing in the morning

This is the FIGHT for your life.

The **One Thing** You MUST Do
Each Day...

Make sure you **get one MAJOR project done**
before checking email each day.

How to Beat Email Addiction

MISTAKE #2 – You check email repeatedly

Matt's Solution: www.AwayFind.com

Craig's Solution: Cancel your Internet

How to Beat Email Addiction

MISTAKE #3 – You treat email like text messaging

NNTR

“In an effort to reduce email volume, please only reply if necessary.”

How to Beat Email Addiction

MISTAKE #4 – You send too many emails

Limit all correspondence with someone by sending only one itemized email per day to them.

Use the Anger Rule

Change your subject lines

Take the “Email Challenge”

How to Beat Email Addiction

MISTAKE #5 – You ask for too many emails

I give you permission.

The Ultimate Choice

Your Ultimate Strengths

Do what you – and only you – can do best.

The Bedros Keuilian 5% Solution

What are the activities that no one else can do but you?

Identify “your 5%” and ruthlessly delegate the remaining 95% (\$10/hr tasks).

Build Your **Superstar** Team

A lot of great people are stuck in not-so-great situations

Where can you find these superstars?

1. Craigslist
2. Through your customer list
3. Through your network

Your Ultimate Weapons

Do what you do best when you do it best.

Magic Time

What this is...

How you find it...

How you foster and protect it...

The Magic of Habits

Diet...

Exercise...

#1 sleep tip you will ever receive...

Planning Your Day for Success

1. Decide what you're going to get done.
2. Free up your Magic Time to work on your 5%.
 1. At the end of each day, plan your next work day.

Planning Your Day For Profits

Outline Your Perfect Workday:

5am.....**Magic Time** Writing on BIGGEST Project

8am.....Exercise

10am....Product Creation/Copy

12pm....Lunch/Dog

2pm.....Non-Magic Time Tasks

5pm.....Make contacts and plan the next day

Your Ultimate Contact

Make one contact per day to move your business ahead.

Ways to Work With EarlytoRise.com

1. Great content for our daily emails

Support@ETRHelp.com

1. Joint Venture Partners – Exclusive & limited arrangements

1. Get to know us & attend our event on Sunday

Sunday, March 4th – 9am to 4pm

EarlyToRise.com Implementation Day

Only 15 Spots Remain

Your Blueprint For Success

1. Create Your Vision
1. Establish Your Success Structure
1. Identify – and Ruthlessly Protect – Your *Magic Time*

www.EarlyToRise.com/RightHabits