



Now you have an understanding of that specific key principle... the next thing you need to do is **lock in those new POSITIVE behaviours and actions**, so they become...

## **AUTOMATIC HABITS!**

Just like when you wake up in the morning and brush your teeth... or when you drive to a location you have driven many times before, you don't THINK... you just take...

## **AUATOMATIC ACTION!**

Which produces an...

## **AUATOMATIC FLOW STATE!**

These behaviours and actions have been automatically programmed into your subconscious & unconscious mind via **REPITITION** as YOU... (the *mind, body soul complex*) flows through the space - time horizon continuum in the past! (*3<sup>rd</sup> + 4<sup>th</sup> dimensions*)

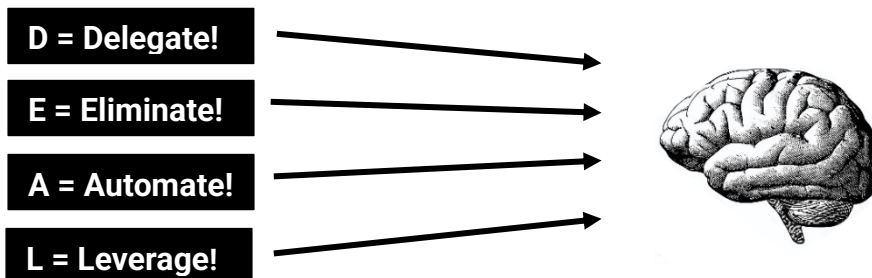
Which means you automatically do them WITHOUT the brain (*The Control Centre of The Mind + Body*) having to use up too much energy!

### **AUTOMATIC POSITIVE & NEGATIVE BEHAVIOURS + ACTIONS THAT HAVE BEEN PROGRAMMED INTO YOU SINCE BIRTH VIA REPITITION BECOME HABITS!**

The key is to become **AWARE** of both the positive and the negative and then apply what I teach you inside this phase to create **POSITIVE HABITS**... by using the correct ingredients (*The New Positive Behaviours & Actions*) that I taught you in phase #4 to become the...

## **BEST VERSION OF YOURSELF!**

When I really think deeply about this topic, the brain actually uses the **D.E.A.L Method** that we have previously talked about that I advise you to use when growing your business...



Your brain **DELEGATES** and stores certain sensory information (*data bits*) to specific areas of the brain within a split second (*Audio data is stored in the P.A.C - Primary Auditory Cortex, visual data stored in the Occipital Lobe etc...*)

It **ELIMINATES** certain information and thoughts that are not conducive with your self-programming using the R.A.S (*Reticular Activating System*) operating as an information perception filter...

...& the 30+ day protective layer of the subconscious mind acts as the bouncer at the nightclub, which means only repetitive thoughts (*positive or negative*) mixed with strong emotion can infiltrate and start to affect you!

It **AUTOMATES** repetitive positive or negative behaviours and actions using the power of **HABIT** to reserve energy!

And by doing those 3 things without thinking it automatically uses **LEVERAGE** by default!

## Your Brain Is An INTELLIGENT MACHINE...

...So, You Can Achieve & Manifest **ANYTHING** You Program It!

This is WHY it's so important to re-program your subconscious mind in relation to the end-goal you are trying to achieve, by reading your **goal card & your identity shifting map** every morning when you wake up and every night just before you go to bed!

Because if you don't... a past program will be running in the background and if the program is not in alignment with what you want to achieve... it makes it so much harder & difficult to get what you desire due to **ENERGY RESISTANCE!**

You'll then use your ability to make high quality **DECISIONS** & your **FOCUS** to power your ATTENTION like a flashlight on the activities that require specific behaviour we've talked about in the PRESENT MOMENT... to get you to the next revenue level in the fastest time possible!

When you understand what I am about to teach you inside phase #5 you will...

- **See How Positive Habits Can Transform Your Results + How To Eliminate Negative Habits That Are Holding You Back!**
- **Create New Positive Habits To Infuse Them Into Your Subconscious & Unconscious Mind... Using The Millionaire Behaviours & Actions We Talked About In The Previous Phase!**
- **Hear & Feel The Power of The "Habit Infusion Method" That Will Allow You To Effortlessly Enter Automatic Action - Flow State Mode... So You Can Scale To 7-Figures & Beyond While Becoming An Unstoppable Force of Nature!**

When You Master Your **HABITS** You'll Achieve The End-Goal That You Desire & Create...

# FREEDOM!



Here's what we will cover together during phase #5 of module #3:

🔑 ✓ **STEP #1 – Introduction Into Habit Formation & Automatic Action Flow States!**

🔑 ✓ **STEP #2 – The 4 Levels of Conscious & Unconscious Competence - Understanding Your Habits & How To Eliminate Negative Ones!**

🔑 ✓ **STEP #3 – Applying The “Habit Infusion Method” To Create Your Dream Business & Life!**

Let's begin...

🔑 **STEP #1 – Introduction Into Habit Formation & Automatic Action Flow States!** *(The SECRET To Effortless Self Automation & Alignment!)*

Welcome to step #1 of phase #5...

Mastering any skill relies on habit formation.

By consistently repeating a desired ACTION, you create a neurological pathway that makes it easier and more automatic over time.

This is where the concept of "**Automatic Action Flow States**" comes in. Imagine practicing a musical instrument like a piano until your fingers dance across the keys without conscious thought.

Habit formation combined with focused practice allows you to enter these flow states, where actions become effortless and deeply satisfying.

This powerful synergy unlocks peak performance in your business and life, allowing you to tackle challenges with ease and propel yourself forward towards your end-goal!

As you may have noticed... Everything I am teaching you inside this module is based on getting complete **CLARITY** on the specific **END-GOAL** you want to achieve.

The majority of the worlds population are walking around like f%&king headless chicken zombie robots. HAHA!

They don't set a goal or if they do it's not clear enough, the work they do is not fulfilling, they're stressed, they can't critically think for themselves...

...their running on terrible past programs that society and the educational indoctrination system has created for them and many of their habits are completely detrimental to their health and their life.

No wonder they can't become successful.

For you to create POSITIVE HABITS you have to reverse engineer back from your END-GOAL.

And you must get **CRYSTAL CLEAR** on what you want to achieve. I taught you about goal setting during phase #1 of this module. If you have not completed that action step yet...

### **DO IT NOW!**

The goal setting process allows your R.A.S (*Reticular Activating System*) inside your brain to lock onto its target and figure out the best path to take to get there!

The SELF IDENTITY MAP that you should be reading daily with strong emotion shifts your identity, to allow you to change your BELIEFS and BECOME the person worthy of achieving the END-GOAL!

Here's what we will cover together during step #1 of phase #5!

- 🔑 ➤ **Understanding Habit Formation, Energy Resistance & Infusion!**
- 🔑 ➤ **Understanding How Habits Create Automatic Action > Flow States So You Can Effortlessly Do The Work & Dominate!**

Let's dive deeper together...

### 🔑 **Understanding Habit Formation, Energy Resistance & Infusion!**

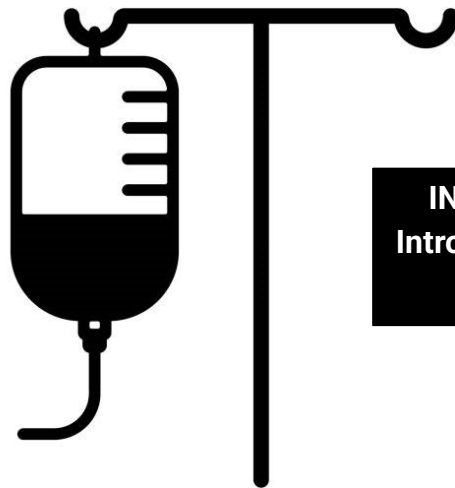
**HABIT FORMATION DEFINITION** = Habits Are The Evidence You See That You Are Becoming a Different Person!

Before we dive into habit formation, I am first going to teach you about the concept of...

## **INFUSION!**

**INFUSION DEFINITION** = The Act of Introducing Something Into Something Else.





**INFUSION = The Act of  
Introducing Something Into  
Something Else!**

Here are a couple of examples so you can fully grasp this:

**Culinary Infusion:**

*In cooking, infusion can describe adding herbs, spices, or other flavourings in a liquid to impart their flavour. For example, you might infuse olive oil with garlic for a more flavourful salad dressing etc...*

**Metaphorical Infusion:**

*Sometimes infusion is used metaphorically to describe the act of introducing an idea, feeling, or quality into something else. For instance, you might talk about infusing your work with creativity or infusing a room with warmth.*

In this training + action steps I am about to share with you we are going to...

**INFUSE POSITIVE HABITS INTO YOUR SUBCONSCIOUS MIND,  
SO YOU CAN DO THE DAILY ACTION STEPS CONSISTENTLY  
WITHOUT... ENERGY RESISTANCE!**

Like I've mentioned previously...

**EVERYTHING IN THIS UNIVERSE IS ENERGY... INCLUDING YOU!**

You are made up of around **33 TRILLION CELLS** with consciousness and a SOUL infused into your being!

Now here's where things get a bit mind blowing...

Each **INDIVIDUAL CELL** in your human body is made up of...

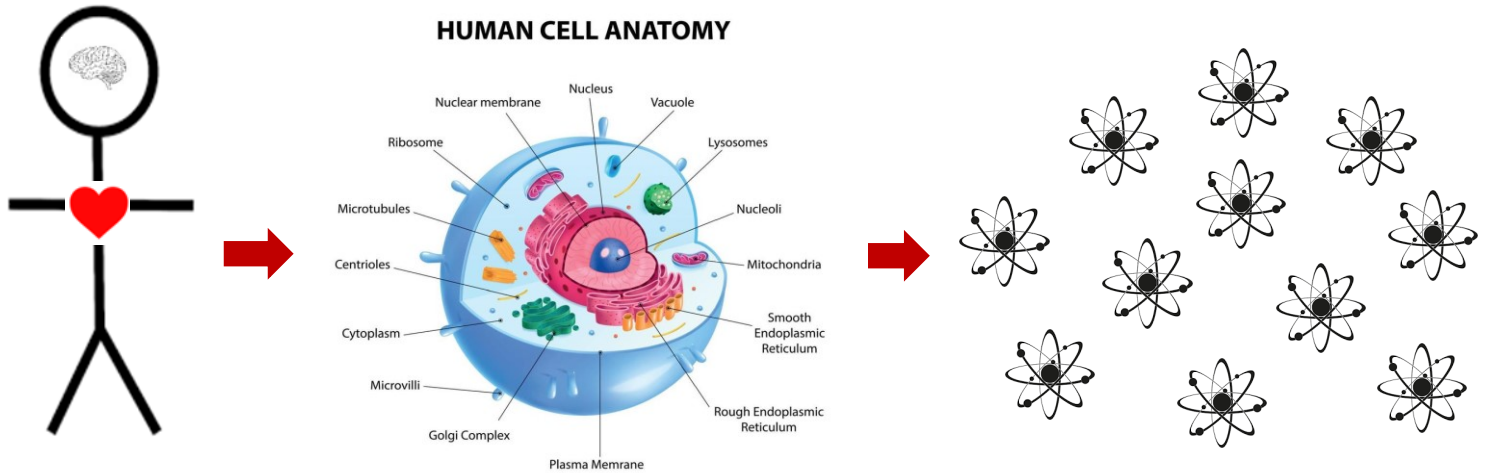
**100 TRILLION ATOMS!**



33 TRILLION CELLS that make up your human body (*Mind, Body & Soul Complex*)

Just 1 out of the 33 trillion cells in your body is made up of **100 TRILLION ATOMS**.

Each individual atom has its own tiny electrical charge = **ENERGY**



No wonder you can't do the work consistently when you're not programmed to do so because you are literally battling with **PURE ELECTRO-MAGNETIC ENERGY!**

Now we're quickly going to do an exercise together based off the knowledge I have just shared with you.

Take a look at the palm of your hand! Start to notice its structure.



**3.5 SEPTILLION ATOMS  
THAT MAKE UP THE PALM  
OF YOUR HAND!**

Within your hand you have around 3 n half **SEPTILLION ATOMS**

In standard form that's **3,500,000,000,000,000,000,000**

Now look around the room that you're in. And become **AWARE** of the number of atoms that make up the physical space around you, compared to the size of your hand. Each atom vibrating a different frequency to make up the physicality of the room and the objects you perceive.

Now project out at think about the atoms that make up the entire universe!

It's absolutely flippin mind boggling!

**If You Have Done This Exercise Correctly, You Have Just Witnessed The Tremendous **INTELLIGENCE & POWER** of **GOD!****

**In terms of becoming aware of the building blocks that that make up us as human beings and the external reality around you!**

Everything within this universe is made up of atoms vibrating at different frequencies which = **ENERGY**. *The lamp only looks different to the TV or the desk because of the vibrational frequency structure of the atoms.*

Your body is made of atoms that form >>> molecules which form >>> cells.

This structure is directed by the instructions contained within your DNA.

Which means you are an intelligent **ELECTRO-MAGNETIC ENERGY BEING** that uses its own automation system to produce and reproduce cells!

The majority of your cells that make up your body are reproduced as new cells every 7 - 10 years! Which means after that time frame you are a completely different human being at the cell structural level.

If you're vibrating on the quantum scale at a low frequency, it's much harder to do the work required to hit your goal because you're battling against this atomic - cellular energy.

**SELF IDENTITY SHIFTING + HABIT FORMATION** using **INFUSION** is where we completely **TRANSFORM** you into the 2.0 version of you, so you can let the energy dissipate... that's stopping you from doing the work required.

When done correctly and consistently you'll be able to effortlessly do the work to achieve your end-goal in the **FASTEST** time possible and you'll be motivated and inspired to do so!

Because although you can not change the core of your DNA, you can however change your GENE EXPRESSION by **THOUGHT & REPETITION OF POSITIVE HEALTHY HABITS**.

This process acts as RE-PROGRAMMERS of how your genes are expressed by turning positive gene expressions ON and turning negative ones OFF, which reduces the aging process due to the slowing down or shortening of telomeres within cells.

It also reduces the risk of disease which stands for DIS-EASE within the body.

And enables you to operate via a positive charge at the atomic structural level based off your BELIEF which we will go deeper into during phase #7 of this module.

This concept I've just taught you is known as **EPIGENETICS**.

If you've been running your online coaching, consulting, course, service or high-ticket business for a year, 2 years or more...

Or if you've ever worked in a boring dead-end 9-5 job that you hate.

Maybe you disliked your boss or the long hours doing menial tasks... clocking in and out like a robot... only at the end of the month to get paid a measly pay cheque while your boss gets rich!

- *Have you ever felt like not doing the work you know you need to get done?*
- *Have you ever felt like not waking up and working on your business?*
- *Have you ever felt sluggish while working on your business?*

I know I have, and it wasn't until I came across the concept of habit formation using infusion... when everything started to flow EASILY & EFFORTLESSLY!

When you struggle to do what needs to be done on a daily basis to get to the next revenue level... this is because of...

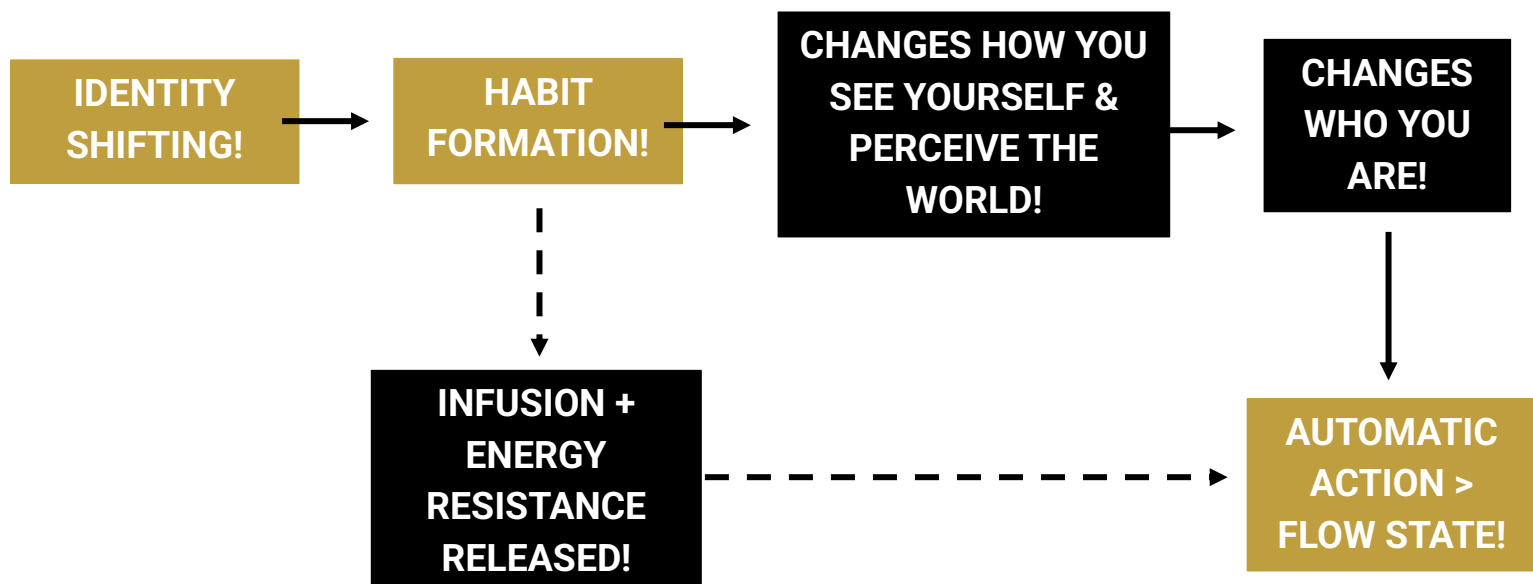
## ENERGY RESISTANCE!



And it comes down to the SELF PROGRAMMING and the HABITS that you have previously formed... located in your sub conscious + unconscious mind.

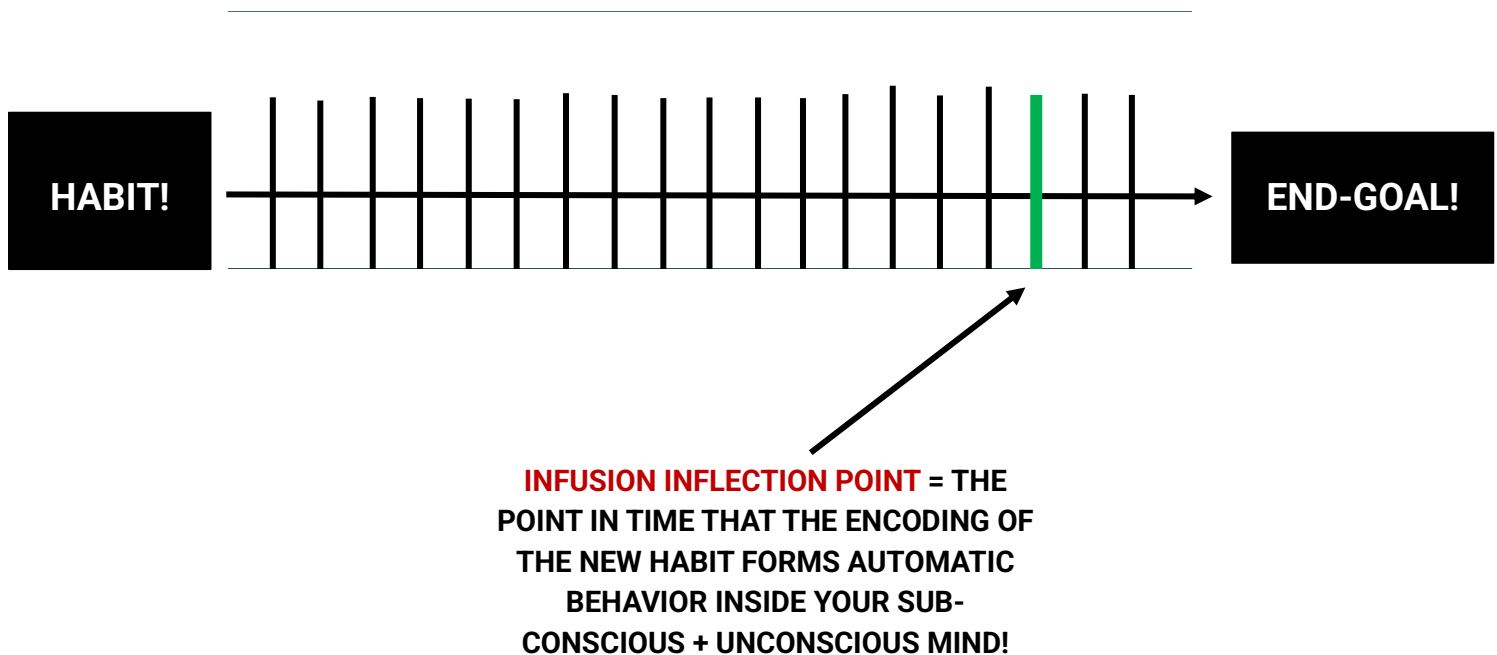
This then affects the vibrational electrical charge within your cells + atoms, due to you having around 70,000 unconscious THOUGHTS per day but you are only aware of 1% of them.

### Diagram of Habit Formation & Identity Shifting!



**🔑 Understanding How Habits Create Automatic Action > Flow States So You Can Effortlessly Do The Work & Dominate!**

Habit formation is the process by which a behaviour becomes automatic. It's like creating a well-worn neurological path in your brain, making action self-automated and easier.



**PICK 1-3 HABITS AT A TIME TO WORK ON TO GROW YOUR BUSINESS!**

**IT TAKES 30 - 90 DAYS ALL THE WAY UP 254 DAYS TO CREATE A NEW HABIT FORMATION, SO IT BECOMES AN AUTOMATIC BEHAVIOUR / ACTION DEPENDING ON THE INDIVIDUAL!**

**THEN USE HABIT STACKING & OVER A LONGER TIME HORIZON... LIFE & BUSINESS BECOMES EASIER!**

Here's a deeper dive into this fascinating process that if applied will transform your life:

**The Trigger:**

Everything starts with a cue or trigger. This could be a specific time of day, a location or an emotion. For example, seeing your gym bag might trigger you to put on your workout clothes and head to the gym to train!

**The Craving:**

The trigger then triggers a craving for the reward associated with the consistent behaviour.

This reward could be anything from feeling good physically after a workout to the satisfaction of checking something off your to-do list or having a coffee after you finished the task!

### **The Trained Response:**

If the craving is strong enough, you'll take action! Which is the actual behaviour itself. This is where repetition becomes crucial. The more you repeat the desired behaviour in response to the cue, the stronger the connection becomes within your brain.

### **The Reward:**

Finally, when you complete the behaviour, you experience & get the reward. This reinforces the positive association with the entire cycle, making you more likely to repeat the behaviour next time the trigger arises.

For example, when I first started doing organic direct outreach years ago, I didn't really enjoy doing it.

Sending 100+ messages per day was not the most exciting thing to do but it had to be done to build my business... until I could hire an appointment setter to take over.

So, to create this new habit, every morning after my morning routine, as soon as I sat down in my office, I would take out my phone and send the first 10-20 messages.

The **trigger** was sitting down in my office and taking out my phone!

The **craving** was... after I had completed the 100+ messages I would go make a delicious coffee with chocolate sprinkles on top and take a short walk to get some fresh air.

I knew as soon as I had completed the messages, I would get **rewarded**, and because of this craving it would actually propel me to work faster & more efficiently. (The **trained response!**)

After completing the task, I would then drink my coffee and take the short morning walk!

It felt like I had accomplished something I didn't enjoy doing at the start and as time went on it became a habit... where I didn't even think about doing it and I actually started to enjoy it.

I just took massive action and did the work that was needed to be done!

After doing this consistently for 90+ days, there was an even **bigger reward** for developing this new habit! Literally tens of thousands of dollars pouring into my business on a daily, weekly & monthly basis!



[You can click this link here and check out the daily INCOME PROOF VIDEO >>>](#)

Online Wealth Society

PayPal balance

\$6,199.56

You received a \$4,997.00 USD payment

PayPal balance

\$10,724.55 USD\*

PayPal balance

\$20,222.41 USD\*

PayPal balance

\$14,498.05 USD\*

PayPal balance

\$25,816.44 USD\*

Description	USD	GBP
General Payment	600.00	0.00
Subscription Payment	3,300.00	0.00
Website Payment	27,952.00	0.00
<b>Total</b>	<b>31,852.00</b>	<b>0.00</b>

Completed \$500.00 USD

Completed \$300.00 USD

Completed \$2,000.00 USD

Completed \$437.00 USD

Completed \$100.00 USD

Completed \$1,997.00 USD

Completed \$1.00 USD

Completed \$3,000.00 USD

Completed \$1.00 USD

Completed \$1,997.00 USD

Completed \$500.00 USD

Completed \$300.00 USD

Completed \$1.00 USD

Completed \$4,997.00 USD

Completed \$600.00 USD

Completed \$500.00 USD

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PayPal

Transaction ID: [redacted]

You received a \$4,997.00 USD payment

Dear Online Wealth Society,

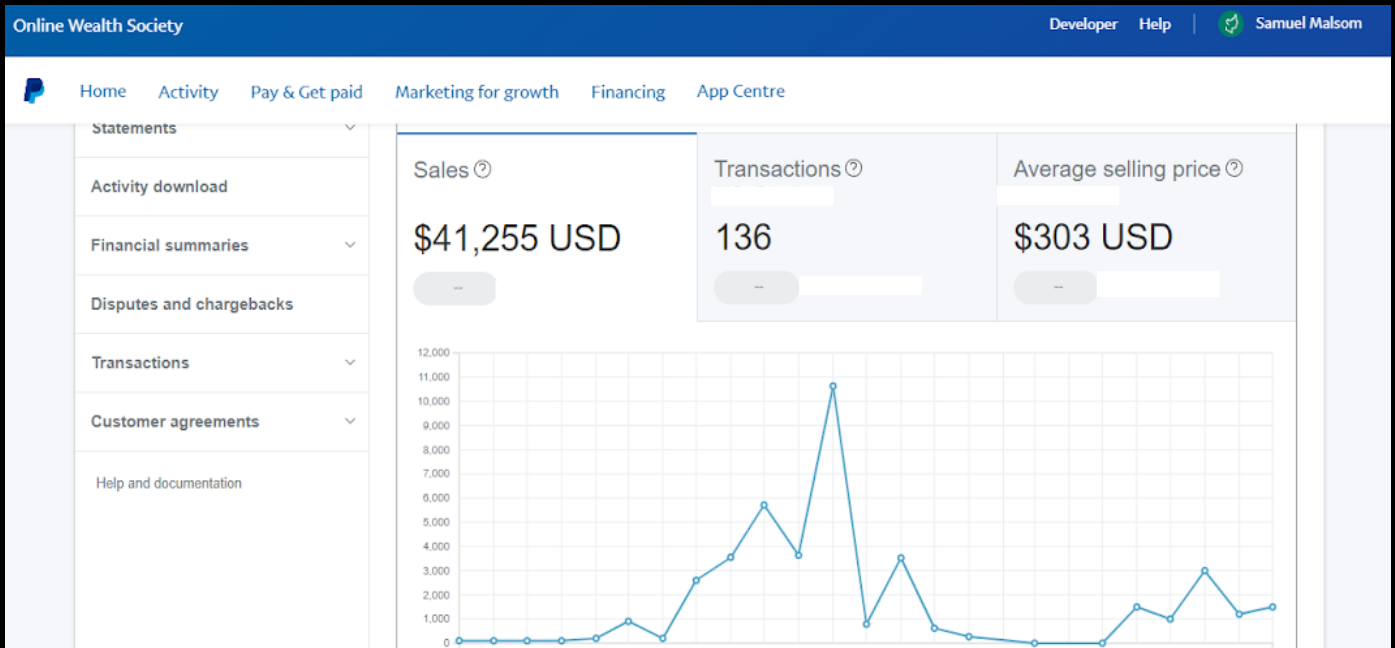
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**\$4,997**  
**From a 1 Hour**  
**Strategy Call**





AWeber | Current List: Limited | Manage Lists | Integrations | Help | Sign up

Home | Messages | Subscribers | Sign Up Forms | Reports | List Options

Account Overview | Create a Message

Subscriber Stats

Subscribers Today	271
Subscribers Yesterday	153
Unsubscribed Today	21
<b>Total Subscribers</b>	<b>12,593</b>

Scheduled Broadcasts

You have no broadcasts scheduled at this time.

Keep your subscribers engaged by regularly sending them emails. Broadcasts include weekly newsletters, event announcements, or updates about new promotions. Get started!

Create a Message

**During This Campaign Each Email Subscriber Was Worth On Average \$1 - \$4+ PER MONTH To My Business!**

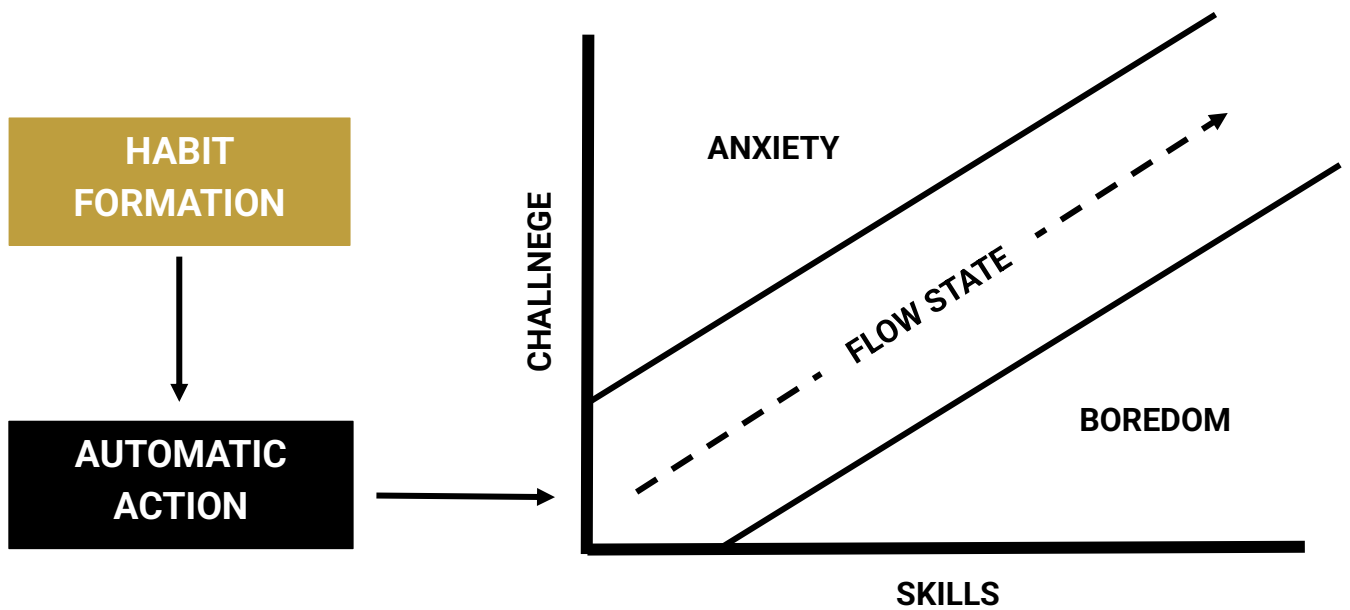
Online Wealth Society | PayPal balance | \$10,724.55 USD\*

Online Wealth Society | Statements | Activity download | Financial summaries | Disputes and chargebacks | Transactions | Customer agreements | Help and documentation

Online Wealth Society | Sales: \$41,255 USD | Transactions: 136 | Average selling price: \$303 USD

Over time, with consistent repetition, the trigger and the response become so ingrained that the conscious craving and decision-making faded away. The behaviour became automatic, allowing me to perform a task I didn't enjoy doing at first with ease.

This is where you enter the "**Automatic Action > Flow State**" I mentioned earlier.



Here are some **key points** to consider when thinking about **habit formation**:

- **Habit Loops Aren't Always Positive:**

This same process can create bad habits as well.

The key is to identify the cues, cravings, and rewards associated with unwanted behaviours and then disrupt that cycle by introducing new, positive routines.

- **The Power of Small Daily Wins:**

Don't try to change everything at once. Start with 1 habit at a time that's achievable and celebrate your progress.

This keeps you motivated and reinforces the positive feedback loop which builds momentum! Small daily actions **COMPOUNDED** over time create **MASSIVE RESULTS** in 12 – 24 months!

- **Be Patient:**

Habit formation takes time. Don't get discouraged if you slip up occasionally. Just get back on track and keep repeating the desired behaviour.

With consistent effort, you can create powerful habits that shape your life in positive ways.

Great work, 😊 let's move onto...



## STEP #2 - The 4 Levels of Conscious & Unconscious Competence - Understanding Your Habits & How To Eliminate Negative Ones!

During step #2 of phase #5... we will walk through the process of what happens when you apply positive consistent habits over time... to develop your high-income skills and how to get rid of negative habits.

From working with many of my past 1:1 coaching clients & students, sometimes it's just about eliminating certain negative habits that are keeping them stuck in the same cycle...

...and getting them to fully focus on taking action on the correct **Automatic Action Systems** I shared with you in the last phase in relation to their current revenue level!

Here's what we will cover together during step #2 of phase #5!

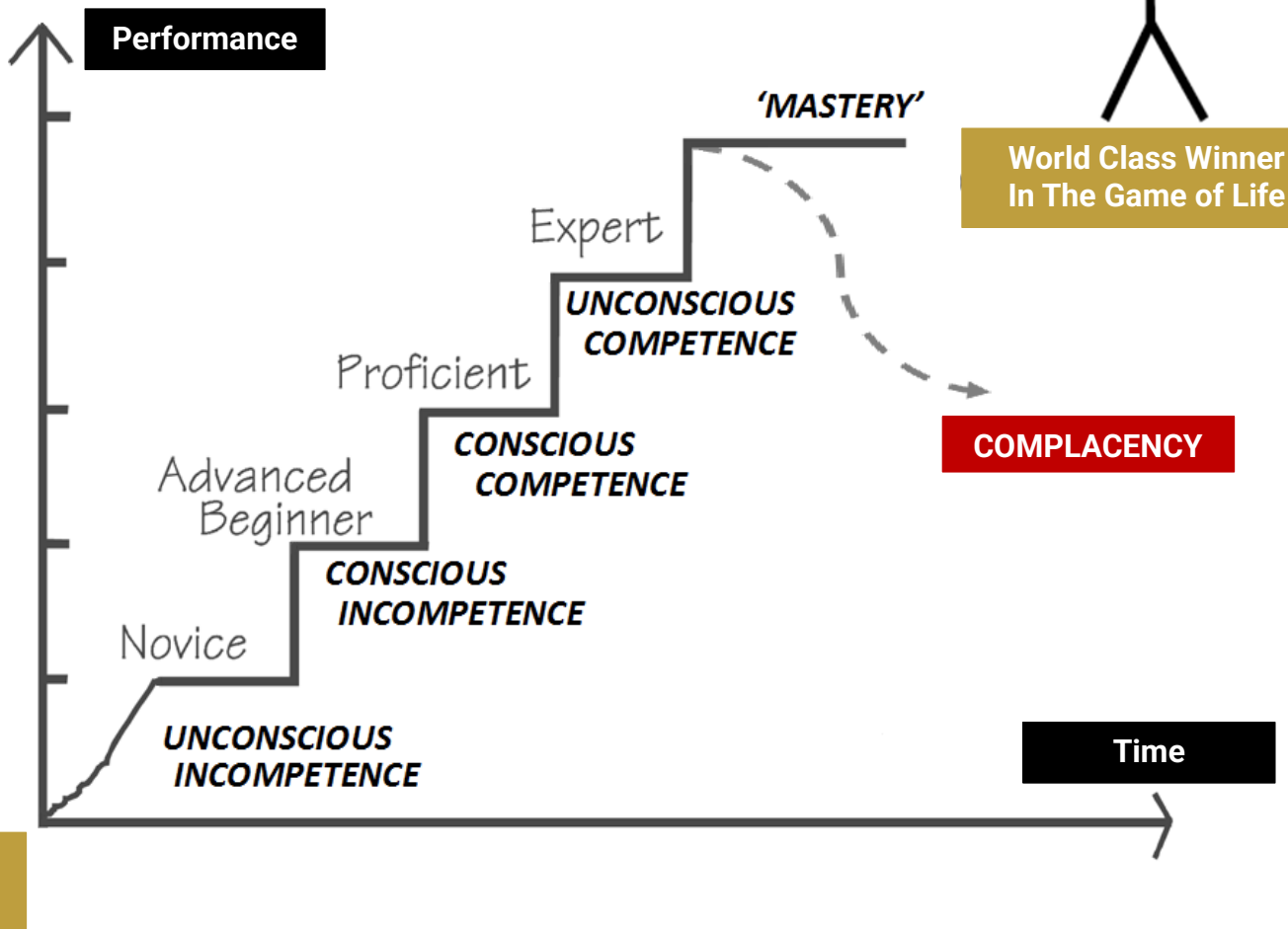
- ✓ **The 4 Levels of Conscious & Unconscious Competence!**
- ✓ **The Conscious Awareness Multiplier & Mapping Your Habits!**
- ✓ **Eliminating Negative Habits!**

Let's dive deeper together...

### The 4 Levels of Conscious & Unconscious Competence!



World Class Winner  
In The Game of Life



The **4 levels of unconscious competence**, also known as the 4 stages of learning or the 4 stages of competence, is a model that describes the journey of learning and mastering a new skill by using **HABIT FORMATION & OSMOSIS** (*Learning Through Action & Experience*)

It highlights the psychological state you'll go through as you progress from complete unawareness to effortless habit + skill mastery.

Here's a breakdown of the 4 levels:

### 1. Unconscious Incompetence (**Ignorance**):

When starting a new habit... at this stage, you are completely unaware of the skill or its importance. You might not even know the skill exists because...

“You Don't Know What You Don't Know!”

You haven't faced situations that require the skill, or you haven't recognized the need for it. For example, there are millions... if not billions of people in the world right now that don't even know you can make money online. (*They don't know, what they don't know*)

This was me 10+ years ago. I thought the internet was a tool for searching information and a way to connect with friends and family on social media!

At that point I didn't have a clue about driving traffic (*people*) to a funnel or website. If you came up to me on the street back then and asked me about driving traffic, I would have thought you were talking about cars driving on the road lol!

Back then I didn't know what I didn't know! This is **UNCONSCIOUS INCOMPETENCE!** When learning a new habit / skill this is where everyone starts off!

The 2<sup>nd</sup> stage is...

### 2. Conscious Incompetence (**Awareness**):

Here you become aware of the new habit / skill and recognize that you don't possess it... YET!

This is where you set out on your journey towards **MASTERY!** You begin applying the new behaviours & actions and you apply consistency to form the new HABIT!

At this stage you might experience a feeling of inadequacy or overwhelm as you realize the gap between your current ability and the desired new habit / skill level.

For instance, in the online coaching, consulting, course creation & high-ticket business space, you see people making \$10k, \$100k and even \$1M per month.

One of the biggest mistakes you can make is to start comparing your journey to someone else that's been in the game way longer than you!

The key is to stay consistent and only...

# COMPETE WITH YOURSELF BY BECOMING A BETTER VERSION OF YESTERDAYS VERSION OF YOU!

Which leads us onto the 3<sup>rd</sup> stage...

## 3. Conscious Competence (**Learning Via Osmosis**):

This is the stage where you actively learn and practice the new habit / skill via taking **MASSIVE ACTION DAILY**... via learning through **EXPERIENCE!**

This is the definition of **OSMOSIS!**

It requires dedication and effort as you break down the new habit / skill into manageable steps and practice them deliberately.

You might experience frustration or setbacks, but with consistent practice, you start to see continual improvement and as time elapses... you start to get very good at doing the specific thing you are trying to master!

During this stage, you might be taking a course, reading books, getting coaching / consulting & implementing a proven strategy that has worked for other experts in the chosen field!

The thing you need to watch out for at this stage is **COMPLACENCY!**

I see a lot of people in the online space, develop their skill sets and habits and because of this... they start making a lot of money quickly!

This leads to them buying lots of material stuff that they don't need, they spend money on expensive trips to tropical locations around the world... like Bali & Thailand living in 5-star hotels.

And they stop doing the actions that got them to where they are!

1-2 years later they are non-existent in the online space and struggling.

*(Theres nothing wrong with buying nice things and living a life of luxury as long as its within BALANCE and doesn't affect your OUTPUTS to grow your business!)*

Complacency kills your momentum, so just be aware of this!

The 4<sup>th</sup> and final stage of habit & skill development is...

## 4. Unconscious Competence (**Mastery**):

This is the ultimate goal, where the habit, skill & action becomes **AUTOMATIC!**

You can perform the action automatically and efficiently without conscious thought because it's so deeply wired into your subconscious & unconscious mind.

You might even be able to teach others the new habit / skill or adapt it to new situations in business & life effortlessly.

For example, as you know I played professional football (soccer) from the age of 17- 35! Throughout my career there were positive behaviours & habits built into me from coaches...

...like consistency, discipline, overcoming challenges when injured or not in the starting 11, confidence & belief in myself, perseverance, patience, positive perspective, dedication, hard smart work etc...

I basically adopted what I had learnt through playing pro sport for many years and applied the same behaviours and skills sets to business!

When it comes down to it...

## ...Business Is a Direct Reflection of Who You Are As A Person!

If you and your life (*health, finances, relationships, home environment etc*) is a complete mess and you decide to start a business... there's a very high chance the business will also be a complete mess and fail.

Because YOU as the business owner / CEO are the **driving force** behind the company, the decision making, the energy and the progress of the business!

The key is to become a MASTER of the behaviours, habits and actions laid out for you inside the Client Acquisition Accelerator, by consistently doing them so you can reach the level of unconscious competence!

### **Unconscious Competence = Automatic Action > Flow States!**

When I sit down at my desk each morning, I know exactly what to do to grow the business and make profits because it's ingrained into my daily routine...

...due to the amount of time, I have put into my business & wealth building over the years... without feeling overwhelmed & suffering from energy resistance!

Everything just flows. Not all the time but most of the time! I still have off days because I am human, just like you. 😊

Progressing through these 4 stages takes time and dedication.

Don't get discouraged if you experience setbacks.

The key is to keep practicing, keep taking messy action, celebrate your progress, and enjoy the journey of learning and mastering new habits & skills so you can become the BEST 2.0 version of you!

Achieving Your End-Goal Is Great But What's Truly Fulfilling Is The Person You Become On Your Journey Towards The End-Goal!

It's a Magical Process of Growth, Understanding of Oneself, Creating New Positive Habits, Increasing Your Awareness, Awakening To The World Around You, Constantly Pushing Yourself Outside Your Comfort Zone & Competing With Yourself Daily!

This Is What I Call The True...

## Entrepreneurs Fulfilment Journey! 😊

Next, we will talk about...



### The Conscious Awareness Multiplier & Mapping Your Habits!

**Awareness Multiplier** = Expanding Self-Awareness and Emotional Intelligence So You Can Map Your Habits & Become Unstoppable!

Here's some tips you can apply before you start mapping your habits:

Practice things like...

- **Journaling** – Write Down Your Thoughts + What You're Grateful For, Express Your Creative Ideas On Paper & Ponder!
- **Self-Reflection Exercises** – Ask Questions To Yourself / Subconscious Mind Just Before You Go To Bed & Listen To Your Inner Voice In Silence For Answers. Become Aware of Hunches During The Day, During Dreams & During The First 15 Mins After Waking Up In The Morning!

*This is When Your Brain Is In Theta State Where You Have Full Access To Your Subconscious!*

- **Get Coaching or Therapy Sessions** – If You Feel You're Having Trouble Trying To Figure Out Your Positive + Negative Habits + Understanding Yourself On A Deep Level... Speak 1:1 With An Expert.

These are seen as "**multipliers**" for **conscious awareness**, so you can become self-consciously aware of your habits.

Journaling really helped me a lot. I don't do it every morning, but I try to journal at least 3-4 times per week, and I journal a lot after every 90 days work sprint during my week off.

By actively engaging in self-reflection and exploring your thoughts, emotions, habits and motivations, you can **gain a deeper understanding of yourself**.

When I first started online, I had no awareness of my negative habits. They were hiding in my sub-conscious mind / unconscious... causing results in life that kept me stuck in the same place, even though my conscious mind wanted to achieve the end-goal I set!

It was only until I mapped them out on paper that I properly become self-aware of them, which meant I could make positive changes to eradicate the negative habits and build new positive habits that were going to lead me to the end-goal.

Multiplying your self-awareness requires conscious effort and dedication as time elapses.

There's no single "magic bullet" to instantly multiply your conscious awareness and different techniques will work better for different people!

The "**CONSCIOUS AWARENESS MULTIPLIER**" provides an interesting perspective for you on the potential for enhancing your focus, self-awareness, and overall mental well-being.

By exploring practices that cultivate mindfulness, self-reflection, gaining specialized knowledge and emotional intelligence, you will begin to unlock a more powerful state of conscious awareness...

...which enables you to map both your positive and negative habits so you can become the person that achieves your end-goal!

You'll also be able to **SYNTHESIZE** knowledge in your brain correctly, which again increases your awareness so you can make better decisions, be more CREATIVE and get BIGGER & BETTER results in all areas of your life.





# Your HABITS Determine The Quality of Your LIFE!

Eliminating negative habits takes **willpower** and **persistence**, but it's achievable because I've walked the path you're about to take.

Here are some effective strategies to help you **BREAK FREE**:

## 1. Become Aware of The Negative Habits:

The first step of making a positive change is **awareness** which we previously talked about.

Many of your bad habits will go unnoticed by your conscious mind. It's your job to identify them and become aware of the ones that are holding you back from achieving your end-goal.

Write them down using the template I shared with you above.

If you struggle to do this, ask the person that you spend the most time with that knows you best and they may be able to give you some insights around the negative habits that you're consciously missing.

Some of the ones I struggled with to get some ideas flowing for you were:

### ➤ *Scrolling social media on phone* –

So, I blocked 99% of people that I was connected to... that were not involved in business & I deleted all the apps on my phone that were not used for growing my business.

Instead of consuming social media I only now use it to **PRODUCE** value and **CONNECT** with potential clients!

### ➤ *Watching too much TV, BS News & Netflix* –

I purposely disconnected all the TV's at home from cable and cancelled my Netflix account. I now only have 1 TV that's connected to my laptop via a HDI lead and I use it for working and watching documentaries about business CEO's & aliens HAHAHAHA 😊



Now, you may have noticed I solved these negative habits by the act of “**COMPLETE DELETION**”. This is a bit extreme, and not all negative habits can be reversed into positive habits by the form of deletion (*Although most of them can if you're a bit nuts like me lol*).

If the deletion of negative habits is not possible for you... the next best thing... is you must apply the following...

## 2. Identify The Trigger:

The second step is to understand what **prompts** your unwanted behaviour. Is it a certain time of day, a specific emotion (*stress, boredom etc*), a location, or a social situation?

Once you pinpoint the trigger, you can start to develop strategies to avoid it or cope with it differently.

Take my negative habit of scrolling social media. I used to wake up and go onto my phone first thing in the morning.

Because I raised my awareness around the negative habit, I consciously forced myself not to go on my phone unless it was to grow my business in the morning.

There would be times when sending direct outreach messages or building my followers base during my break, where I would catch myself reading someone's Facebook post about random rubbish or watching a reel video that popped up on the newsfeed that wasn't related to business.

This process of your awareness ... catching yourself in the moment of doing the negative behaviour allows you to **identify triggers**.

## 3. Replace The Habit:

If you can't stop a behaviour through deletion, try replacing it with a positive alternative. If you tend to snack mindlessly while watching TV, replace it with activities like taking a walk, reading or doing some light exercise.

This gives your brain something else to focus on and reduces the urge to engage in the negative habit.

## 4. Disrupt The Routine:

Our habits often become ingrained in our daily routines. They are **UNCONSCIOUS!**

To break the cycle, try shaking things up.

If you usually check your phone first thing in the morning, put the phone on the other side of the room, so when your alarm goes off... this triggers you to tell yourself...

*NOT TO DO ANYTHING ELSE ON IT... APART FROM TURN THE F\$^KING ALARM NOISE OFF 🤪 AND PUT THE PHONE BACK DOWN.*

Then consciously start your day with **INTENTION** by going into the kitchen and making a cold glass of water with chopped up lemon. After that instantly begin your 30+ min morning routine by reading, meditating & / or exercise OR just begin working!

This disrupts the autopilot mode and makes you more conscious of your choices.

### **5. Make It God Damn Difficult To Perform The Negative Habit:**

By **increasing the barriers** of engaging in your negative habit you massively reduce the chances of you performing it.

If you crave alcohol, chocolate, biscuits, crisps or sugary drinks on a daily basis after working and you've identified the trigger of doing these things is in the evening...

... when you're in your down time... **STOP** buying them at the supermarket in the first place and STOP keeping them stocked up at home.

If you spend too much time on social media, consider uninstalling the apps from your phone.

Making it less convenient to engage in the negative habit can significantly reduce its appeal and stop you from doing them, because you have to put **EFFORT** in if you want to do them.

### **6. Find a Support Partner:**

If you're struggling to overcome the negative habit... don't try to go it alone. Tell a friend, family member, or therapist about eliminating them. Having someone to hold you **accountable** and offer encouragement can make a big difference.

### **7. Practice Self-Compassion:**

Slips and setbacks are inevitable when trying to break a bad habit. The key is not to beat yourself up if you have a bad day! Just acknowledge it, learn from it, and re-commit to your goal.

Focus on **celebrating your progress**, no matter how small.

### **8. Reward Yourself:**

Positive reinforcement is a powerful tool.

Set small milestones for yourself and reward yourself for reaching them. This keeps you motivated, on track and reinforces the positive changes you're making.

In the next step of this phase, I am going to give you a **HABIT TRACKER** template that you can use to track your positive habits, so you get the results that you desire.

However, you can also use it to track yourself NOT doing the negative habits you maybe suffering with. Because to properly build **POSITIVE HABITS** we need to build a strong foundation... by identifying & eliminating the negative habits.

## 9. Be Patient:

When you begin the journey of building positive new habits and breaking old negative ones... it takes time. So please don't get discouraged if you don't see results overnight.

Stay consistent with your efforts, and gradually you'll see a...

# POSITIVE SHIFT IN BEHAVIOUR

Lastly here is a **TIP** you can apply to stop negative habits creeping back in and affecting your results:

- **You Need To Address Underlying Issues:**

Sometimes negative habits are coping mechanisms for deeper issues like stress, anxiety, or boredom.

If you suspect this might be the case, consider trying shadow work. During phase 8 of this module, I will talk to you about '**Shadow Work**' which will massively help you with this.

Eliminating negative habits is a journey, not a destination but it's crucial to rid yourself of your negative habits first if you want to succeed in business and life!

Apply the steps I have previously shared with you... stay patient, focused, positive, disciplined, energized, consistent, think long-term and celebrate your achievements along the way.

Next up...

## **STEP #3 – Applying The “Habit Infusion Method” To Create Your Dream Business & Life!**

During step #3 of phase #5... we will dive deeper into the habit infusion method and use the millionaire behaviours that we talked about in the last phase...

...so, they **become locked into your subconscious mind** to create the automatic actions you need to take to get to the next revenue level in your business!

The key here is to focus on the next revenue level you are looking to achieve.

If you've not made your first \$10,000 in a single month yet, there is no point focusing on the behaviours and actions to make \$100k or \$1M per month!

There are different levels to this online business game, and you must level up and go through those levels in sequential order, by creating the positive daily HABITS

Many of the habits you will build from \$0 - \$10k - \$100k per month will also be valid and apply for when you get to \$500k - \$1M but **the ACTIONS change dramatically!**

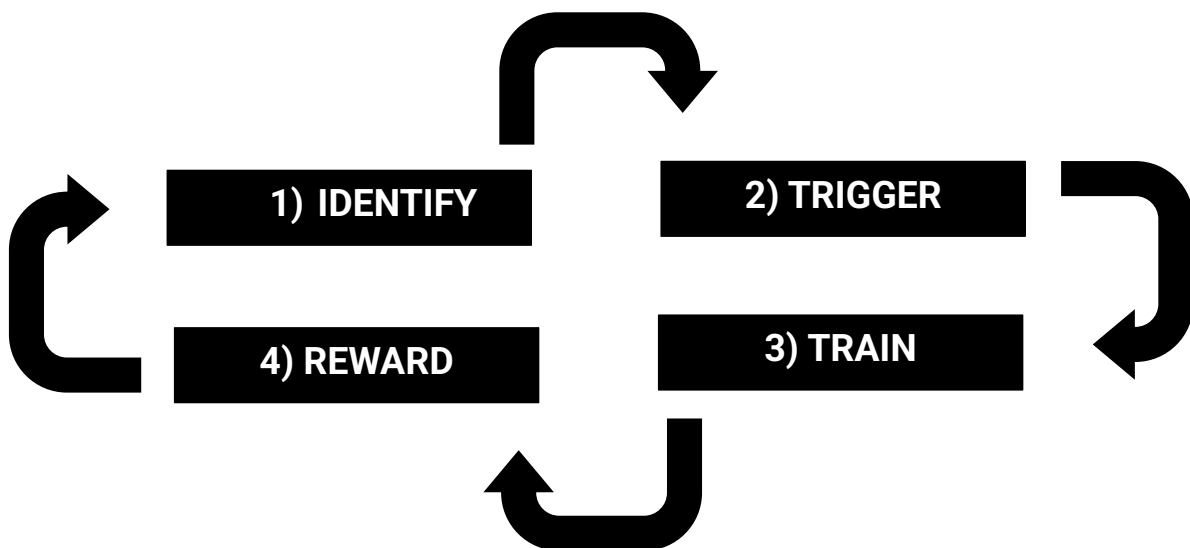
Here's what we will cover together during step #3 of phase #5!

- **The Habit Infusion Method Explained!**
- **The Singularity Pyramid - Creating New Positive Habits Using The Millionaire Behaviours + Consistency Vector Model... Habit Stacking & Automatic Revenue Action Systems!**

Let's dive in deeper together...

### **The Habit Infusion Method Explained!**

Based on the concept of habit formation and the potential interpretations of "infusion," we've previously covered... we will explore deeper into the **HABIT INFUSION METHOD**... Here's a diagram that explains it...



---

**INFUSE HABIT WITH  
MEANING & PURPOSE**

**INFUSE HABIT VIA  
REPETITION & AFFIRMATIONS**

Human mind, body and soul complexes... as strange as it sounds are very similar to training a dog when it comes to infusing new positive habits! Here's the proven process to create a new habit and make it stick.

## 1) IDENTIFY

In the last section you identified both the positive and negative habits in your business / life by writing them down on the worksheet I gave you access to.

By completing this simple exercise, it should have given you more AWARENESS to make positive changes while eliminating the negative!

Next you need to **IDENTIFY ONE negative habit** you want to eliminate in your business / life and replace it with **ONE positive new habit**.

For example: *My bad habit of checking my phone in the morning and scrolling social media and replacing it with my new positive habit of doing 100+ direct outreach messages per day to grow my business.*

## 2) TRIGGER

Here you'll want to anticipate the negative trigger of the old habit and create a new positive trigger to alert you, so you can apply the new positive behaviour until it becomes deeply wired into your sub-conscious mind.

This will then create an **Automatic Action > Flow State** WITHOUT thought over time.

Pick 1-3 habit triggers from the list below and leverage them to alert you... by applying your new behaviour, whenever the trigger presents itself.

- A) *Location*
- B) *Sound*
- C) *Time of the day*
- D) *Specific Item*
- E) *Emotional state*
- F) *Environment*
- G) *People you surround yourself with. (Your support network)*

You can also use **multiple triggers** to increase your ability to apply the new habit...

For example: You know if you want to get clients & hit \$10,000 per month you need to send out 100+ direct messages per day with the correct messaging stimuli to get a positive response + email your list daily, so the triggers could be...

**Trigger #1 - Location** = Your office

**Trigger #2 - Specific Item** = Taking out your laptop or phone

**Trigger #3 - Time of the day** = 9am

## 3) TRAIN THE NEW BEHAVIOUR – DO THE WORK!!

Here you'll want to focus on 1-2 habits at a time! Single out 1 negative and replace it with a positive habit then **get to work and consistently do what is required even when you do not feel like doing it**.

This is DISCIPLINE and it's what separates the best from the rest! CONSISTENCY is what keeps this going to form the new HABIT FORMATION!

Example:

**NEGATIVE HABIT** = Stop using your phone and scrolling social media or checking email first thing in the morning when you wake up!

**POSITIVE HABIT REPLACEMENT** = Start 30-minute morning routine and do the ONE THING that's going to get you clients (e.g. *Sending 100+ direct outreach messages per day or writing your daily email to your list*) as your first high income producing activity of the day!

These are the habits I had to instil in myself to get to my first \$10,000 in a single month many years ago!

If you're below \$10k per month which some of you will be, this is the single most important new habit that is going to get you to the next revenue level in your business... based on the automatic actions systems I shared with you in the last phase of this module!

**\$10k/Month Automatic Action System PDF..**

<https://www.onlinewealthsociety.com/10k-month-automatic-action-system>



If you're above \$10k per month... click the link below to go to the \$100k/ Month Action System Doc and choose the new action you feel you need to improve on... to get you to that revenue number based on your current business model + offer structure.

**\$100k/Month Automatic Action System PDF**

<https://www.onlinewealthsociety.com/100k-month-automatic-action-system>



#### 4) REWARD (*Dopamine Spike*)

Here you'll want to think creatively for the reward that you'll give yourself after completing the work that is required to lock in the new behaviour / habit, so it eventually **becomes automatic**.

The reward that you give yourself will spike dopamine in your brain which will act as a feedback loop, so the next time your brain experiences the trigger(s) it will automatically associate the act of doing the new habit with the reward.

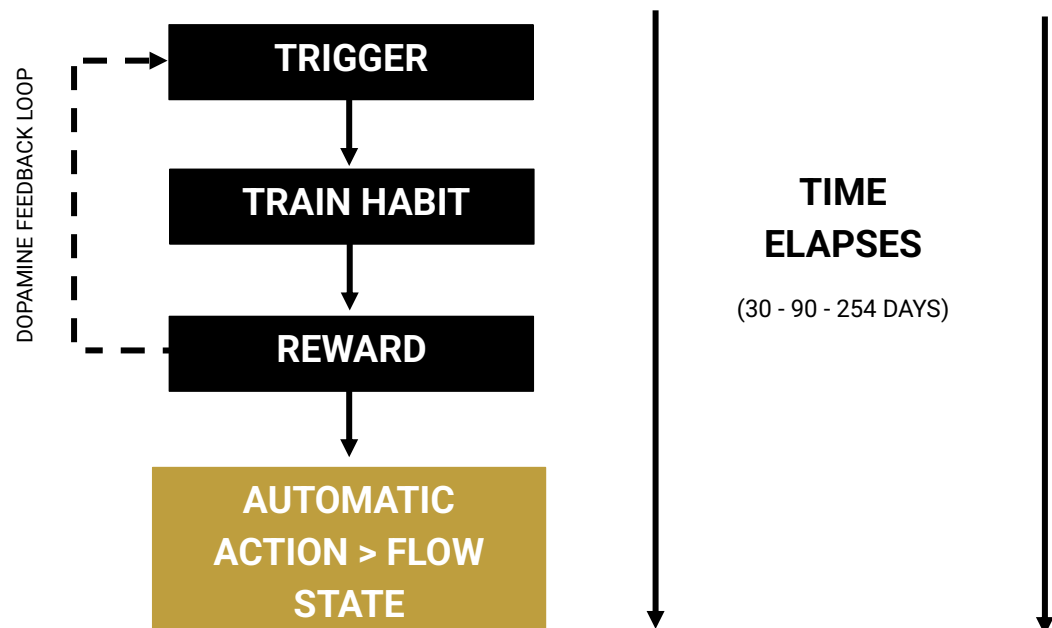
This is how you lock in the new habit into your subconscious & unconscious mind via **REPETITION**... and as time elapses the **ENERGY RESISTANCE** will dissipate, creating an automatic action flow state where the work becomes easy, effortless and even enjoyable!

Missing 1-3 days of your new habit formation does not affect progress so do not be too hard on yourself. Just reset yourself, go again and keep moving forward until it becomes an automatic behaviour!

Write down the REWARD in your thesis notebook that you will give yourself for completing the new actions daily.

Another way to reduce energy resistance is to do your new habit with a partner. For example: if you set a new habit to go to the gym and gain muscle you could find a gym partner so you can push each other and keep each other accountable!

Here's a diagram of the dopamine feedback loop when habit formation is created as time elapses which then creates an automatic action flow state!



Awesome! You now understand the basics of the HABIT INFUSION METHOD... But there are 2 very important constituent parts to take into consideration when creating a new habit formation!

### **Constituent Part 1: Infusing Habits with Meaning and Purpose!**

In this context... infusion refers to creating your habits with a sense of meaning and purpose in relation to your end-goal. Simply repeating an action might not be enough to make it stick in the long-term.

However, by associating your new habit formation with a positive emotion, value, or desired outcome you can create a stronger neural connection in your mind.

For example:

- Instead of simply forcing yourself to meditate, **infuse your morning meditation practice** with the intention of cultivating inner peace, reducing stress, and boosting your ENERGY & FOCUS

- Instead of going for a mindless jog, **infuse your run** with the goal of improving your physical health, boosting your mood, feeling great, enjoying the scenery & visualizing yourself as a FIT, HEALTHY human being.
- Instead of just focusing on doing the daily activities to grow your business... INFUSE it with the feeling you are going to FEEL when you're making more money from your business & infuse yourself to **serve your clients by making a positive impact in the world.**

### **Benefits of Infusing Habits With Meaning & Purpose:**

- **Increased Motivation:**

By connecting your habits to a desired outcome or purpose, you'll feel more motivated to do the work required & stick with them long enough, so they become automatic behaviours!

- **Emotional Connection:**

The positive emotions associated with achieving your end-goal can make the habits themselves more appealing to consistently apply, until they become an automatic behaviour + action flow state.

- **Improved Sustainability:**

Habits infused with meaning are more likely to become ingrained in your lifestyle making business and life easier and more effortless!

**PRO SECRET TIP** – Most new habits that operate on the positive side of the quantum cause and effect spectrum... SUCK to begin with.

However, this is just your brains PERSPECTIVE of them. The key is to take CONTROL of your perception of doing them and tell yourself daily that...

**...YOU ENJOY / LOVE DOING THEM!**

If you do this consistently... you'll start enjoying the actions and behaviours that your brain has tricked you into thinking you don't enjoy, because nothing really has meaning except the meaning that we give it.

You will also start to become **VERY GOOD** at the actions and will allow you to outwork your competition.

As you continually apply the new behaviour / actions you'll move up to the levels to **unconscious competence**. This is where you've gained complete **MASTERY** of the new habit / skill, which we previously talked about.

### **Constituent Part 2: Infusing Your Habits With Positive Affirmations!**

This approach focuses on the idea of "infusing" your subconscious mind with positive affirmations and beliefs related to your desired new habit.

By repeating affirmations regularly and intentionally focusing on your desired outcomes, you can reprogram your subconscious to support your goal.

For example:

Before your workout, you could repeat affirmations like...

*"I am strong and disciplined"*

or

*"I am getting stronger & healthier with each workout, and I LOVE keeping fit."*

While studying, you could use affirmations like...

*"I am a focused learner"*

or

*"I am confident in my ability to succeed and apply this knowledge to get the results that I desire."*

While working on the H.I.P.A activities to get more clients for your business by doing direct outreach, running ads and closing over the DMs and sales calls... you could use affirmations like...

*"I am consistently doing the work to get new clients daily"*

or

*"I am a client magnet & I enjoy making daily progress... Money flows to me so easily and effortlessly"*

### **Benefits of Infusing Habits With Positive Affirmations:**

- **Weakens & Over-rides Negative Beliefs:**

Positive affirmations help counter negative self-talk and limiting beliefs that might be hindering your progress, so start becoming aware of your self-talk and constantly use positive affirmations mixed with emotion throughout your day.

This will allow you to increase your confidence + action in relation to your new behaviour

- **Strengthens Positive Associations:**

By associating your new habits with positive affirmations, you create a mental environment that encourages positive results.

- **Builds Self-Belief:**

Although belief is mainly built via following through on what you are say you are gonna do and getting results... positive affirmations can also boost your confidence and self-efficacy, making it easier to stick to your new habits.

### **Important Considerations To Help You Become a POWERHOUSE Entrepreneur:**

Both habit formation + infusion require consistent application for optimal results, they must be used in congruency with each other to maximise its effect. The effectiveness of each strategy might vary depending on the person. Experiment and find what resonates with you.

However, the key is to **Focus on Action!**

While infusion can be a powerful tool, it's important to combine it with taking massive daily action towards your end-goal, by implementing the new habit. Just repeating affirmations or focusing on the meaning won't automatically create new habits.

The underlying ideas of infusing habits with meaning and positive affirmations can be valuable tools for habit formation... IF you also apply the 4-step HABIT INFUSION process which we've covered.

Here's a quick recap...

- 1) **Identify** The Negative / Positive Habits – Pick ONE For Each To Start With!
- 2) **Trigger** The New Positive Habit
- 3) **Train** The New Positive Behaviour
- 4) **Reward** Yourself For Completing The Action + Behaviour!

By consciously connecting your actions with purpose and positive self-talk, you can increase your chances of building lasting and sustainable habits, which will develop into automatic action flow states so you can **DO THE WORK** without **ENERGY RESISTANCE!**

Awesome work!

Next up we will cover the last section of this phase...

## 🔑 The Singularity Pyramid - Creating New Positive Habits Using The Millionaire Behaviours + Consistency Vector Model... Habit Stacking & Automatic Revenue Action Systems!

Building new habits is like carving a path through a forest. The first steps are tough, but with each **consistent repetition**, the path gets **clearer** and **easier** to navigate.

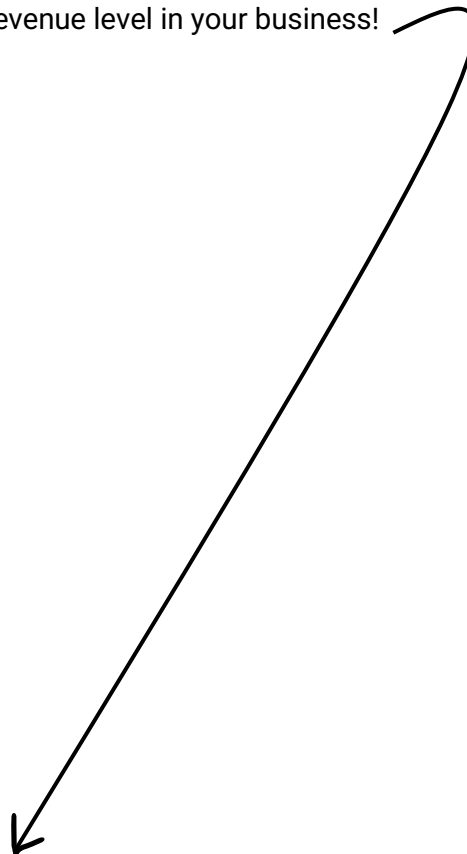
Like I've previously mentioned in the last phase of this module... Consistency is key. Although skipping 1-3 days when building a new habit doesn't have that much of an affect...

Skipping a day here or there may disrupt the momentum and makes it harder to get back on track. By showing up for yourself consistently, you solidify the neural connections that make your new behaviour automatic, paving the way for lasting change.

In this last section of phase #5 (***The Infusion of Habit Stacking! How To Create Automatic Action > Flow States***) we will walk through a FRAMEWORK of the journey to...

- 1) Create The **AWARENESS** of The Millionaire **BEHAVIOURS** By **Memorising** Them In Your Conscious Armory For Any Business / Life Situation When / If You Need Them!
- 2) Dial In The Next Habit & **Apply HABIT STACKING** So You Can Become A Full Stack Online Entrepreneur & Hit Your Next Income Goal!
- 3) Fully Focus & **Train The Automatic Actions** Needed Using H.I.P.A or H.L.A By Using The Singularity Pyramid (*aka The ONE Activity / Habit*) Which Allows You To Make The Most Progress In The Shortest Amount of Time In Your Business!

Below is a diagram of the "**Singularity Pyramid**" so you can zero in on the specific habit you need to create... so you can get to the next revenue level in your business!



## SINGULARITY =

THE 1 ACTIVIITY YOU NEED TO FOCUS ON FOR  
THE NEXT 90+ DAYS TO HIT NEXT REVENUE  
LEVEL BY CREATING A NEW HABIT FORMATION!

**AUTOMATIC  
ACTION  
SYSTEM**

### H.I.P.A / H.L.A

- \$0 - \$10K/Month
- \$10K - \$10K/Month
- \$100K - \$500K/Month
- \$500K - \$1M/Month

**HABIT STACKING**

**MEMORIZATION OF MILLIONAIRE BEHAVIOURS**

- **Thinking Big, Goal Orientated & Planning!**
- **Focus + Action On H.I.P.A & H.L.A!**
- **Continuously Learning - Reading Books, Courses, Coaching, Masterminds, Mentors!**
- **Consistency!**
- -----
- **Smart... Hard Work & Dedication!**
- **Discipline!**
- **Mental Strength To Overcome Challenges!**
- **Persistence!**
- **Delayed Gratification!**
- **Confidence!**
- -----
- **Vision, Management & Leadership!**
- **Creativity & Innovation!**
- **Adaptability – Spotting Market Trends!**
- **Patience & Trust!**
- **Applying Health Consciousness & Fitness!**
- **Applying Positive Power!**
- **Authenticity!**
- **Applying Gratitude!**
- **Positive Perspective!**

The first stage of understanding the **SINGULARITY PYRAMID**... so you can laser focus in on the correct action + habit you need to build to get to the next revenue level, in the shortest time possible is memorizing the...

## **MILLIONAIRE BEHAVIOURS!**

These behavioural components need to be engrained into your subconscious mind... so you can behave accordingly in any business or life situation within a split second.

For example: in the context of trying to sell a client over a phone strategy call you need to apply the behaviours of:

- 1) **Confidence**
- 2) **Authenticity**
- 3) **Positive Perspective**
- 4) **Positive Power To Genuinely Help The Client & Convert Them.**

In the context of following up with a client to convert them into a sale you need to apply the behaviours of...

- 1) **Focus + Action On H.I.P.A (*High Income Producing Activities!*)**
- 2) **Consistency**
- 3) **Patience & Trust**
- 4) **Discipline**
- 5) **Persistence**

Each situation in business needs specific behaviours so you can get the result that you desire. And you need to become super aware of the different situations & which behaviours are needed!

If you display the behaviours of

- 1) **Creativity & Innovation +**
- 2) **Applying Gratitude...**

...when selling a client over the phone, you are not going to get the sale.

Each business situation requires certain skills sets and behaviours and it's your job to memorize these key behaviours, choose which behaviours are needed in the context of the situation and behave accordingly to produce the result! *Make sense?*

This is the first base level of the Singularity Pyramid!

The 2<sup>nd</sup> level is...

## **HABIT STACKING!**

Habit stacking is where you start building different habits on top of each other... that also complement each other so you can become a **full stack online entrepreneur**.

You do this via 3 key components:

- 1) **Memorization & Mastery of The Millionaire Behaviours!**
- 2) **Acquiring High Income Skills!**
- 3) **Taking MASSIVE ACTION! Learning Through Osmosis (*Education + Experience*)**

When you behave like a millionaire, you acquire high-income skills, and you take MASSIVE ACTION... then you can start getting laser focused on the HABITS that are going to help you scale to 7-Figures and beyond!

But to do this you need to make the correct decisions when it comes to choosing the specific ACTIONS that will then form into habits over time if you are consistent!

This is the essence of habit stacking!

However, to do this you need to move onto level 3 which is the...

### **...AUTOMATIC ACTION SYSTEM!**

Here you **fully focus** on the action steps I gave you access to in the last phase of this module in relation to your current revenue level! I also listed the PDF links for you inside this phase as well for your reference above.

When I first started online, one of the biggest mistakes I made was trying to learn everything about business at the same time. At one point I was learning how to hire team members and I had yet to make my first dollar online.

This was a big mistake because it makes things so overwhelming and massively halts progress!

To get to your first \$10K - \$100K/Month online there is only 5 key areas you need to focus on by using SINGULARITY.

- 1) **OFFER** (*Start with selling a service / coaching (easy to sell, harder to fulfil)*)
- 2) **TRAFFIC & LEAD GENERATION** (*Organic direct outreach & / or paid ads*)
- 3) **QUALIFIED APPOINTMENT BOOKING** (*Build a system with a filtering process*)
- 4) **SALES** (*Selling over the phone & over the DMs in messenger chat*)
- 5) **DELIVERY / FULFILLMENT** (*Build your proof of concept & **Get Clients Results***)

## **SINGULARITY =**

**Focusing On The ONE SINGULAR ACTIVITY For The Next 90+ Days That Is Going To Help You Move The Needle And Get You Moving Towards The Next Revenue Level!**

For example, let's say an aspiring business owner, coach or consultant comes in and is yet to make a single dollar online.

If this person starts learning about getting traffic & generating leads before they understand how to create an irresistible offer, they are applying the concept of singularity in the wrong order!

Because you can have all the targeted traffic & leads in the world but if you've got nothing of value to sell, it's a waste of time and you won't make the money that you desire.

You first need to **create ACTIONS & HABITS in 1-3 areas** of your business so you can make progress in the correct order.

To get to \$100k per month you need to have built skills sets and habits in ALL 5 areas as time elapses. If one area is lacking, you will not be able to scale to \$100k per month!

To start with... pick **ONE SPECIFIC AREA**, you want to build a new HABIT around for the next 90+ days depending on what revenue level you're currently at.

If you're below \$100k per month... you already have an offer in place and you are getting traffic & leads but you struggle to convert sales... FOCUS on building the HABIT of getting better at SELLING.

If you're below \$10k per month and you have offer that's not converting focus on building the habit of becoming the best offer creator on planet earth!

If you're below \$10k per month and you have an offer in place and you can sell but you struggle to get traffic... focus on mastering traffic and lead generation and build the habit of doing direct outreach daily or running paid ads daily!

When you **THINK** like this you will be able to navigate the complexity of business using SINGULARITY... and you be able to figure out what area of your business you need to build a new HABIT around, so you can get to the next revenue level in the fastest time possible!

The **Client Acquisition Accelerator** modules have been designed with this concept in mind, so everything is laid out for you in sequential order.

All you have to do is follow along and take the specific action steps given to you at the end of each module, which makes the process of building your business much **EASIER**, compared to the 97% of entrepreneurs trying to guess their way to **SUCCESS & RESULTS**

When you implement the **SINGULARITY PYRAMID** in the correct order...

You increase your **AWARENESS!**

You apply the correct **BEHAVIOURS!**

You make the correct **DECISIONS!**

You take the correct **ACTIONS!**

You build the correct **HABITS!**

And business & life becomes **EASIER, AUTOMATIC & EFFORTLESS!**

This is how you **BECOME A MILLIONAIRE!**

**FANTASTIC WORK!** 😊

Let's quickly **RECAP** what we went over during phase #5...

## 🔑 ✓ **STEP #1 – Introduction Into Habit Formation & Automatic Action Flow States!**

During the first step we talked about...

- **Understanding Habit Formation, Energy Resistance & Infusion +**
- **Understanding How Habits Create Automatic Action > Flow States So You Can Effortlessly Do The Work & Dominate!**

## 🔑 ✓ **STEP #2 – The 4 Levels of Conscious & Unconscious Competence - Understanding Your Habits & How To Eliminate Negative Ones!**

During the second step we went over...

- **The 4 Levels of Conscious & Unconscious Competence!**
- **The Conscious Awareness Multiplier & Mapping Your Habits!**
- **Eliminating Negative Habits!**

## 🔑 ✓ **STEP #3 – Applying The “Habit Infusion Method” To Create Your Dream Business & Life!**

During step #3 I taught you about...

- **The Habit Infusion Method Explained +**
- **The Singularity Pyramid - Creating New Positive Habits Using The Millionaire Behaviours + Consistency Vector Model... Habit Stacking & Automatic Revenue Action Systems!**

To finish this phase, here is access to your **HABIT TRACKER** sheet so you can track 1-3 of your new habits.

This will enable you to visually see the **PROGRESS** you are making on a daily basis which builds momentum.

Print this out and start tracking your habits, starting from TODAY! And remember...

**YOUR HABITS DETERMINE THE QUALITY OF YOUR LIFE!**



Hope you enjoyed and got value from phase #5 of module 3 of C.A.A!

See you in phase #6!

### **PHASE #6 - Asymmetric Decision Making & The Stoicism Discipline Formula!**

This is where I'll teach you one of the most important skills in entrepreneurship so you can systematically do the right things at the right time to get **BIG RESULTS!**

Talk soon,

**Sam Malsom**

Founder & CEO: [www.OnlineWealthSociety.com](http://www.OnlineWealthSociety.com)

