



RAY EDWARDS

LIVE WITH JOY LEAD WITH PASSION PROSPER WITH PURPOSE

5 Bad Habits That Will Wreck Your Life

Hello there, this is Givana, Lady J Ellison, from GivanaEllison.com and you are listening to the Ray Edwards Show, where you can learn how to change the world and watch your business grow.

Welcome my friends to the show that never ends. It's so much fun doing this show, 134 episodes in a row and I brag about this every week, but I think it was Mark Twain who said, "*It ain't bragging if you really done it.*" That's 134 weeks in a row without missing an episode and that my friends is a streak.

Last week's episode with Kary Overbrunner was off the chain. If you haven't listened to it, cue that up on your podcast listening device and check it out, it's episode 133. Kary, and I don't know if you say this, it was pasted on my Facebook profile, my Facebook page and Twitter timeline, he actually paid attention to things I said and he wrote a note to me that said, 'I loved our time chatting. Enjoy the pen.' He sent me a writing pen and he said, 'May it capture all your next amazing thoughts. Thanks for leaving the Shire.' That's in reference to something we talked about in the show where Kary said, you know, in the Lord of the Rings story, Frodo couldn't stay in the Shire and take the ring, he had to make a choice and he chose the adventure.

So Kary sent me this beautiful pen in a custom box with an etched engraving on top that has my name and the slogan from my website. I was so knocked out by that. It was very creative and I've never had anyone do that for me before. He's just a crazy good guy, so be sure to check out episode 133.

Today's episode is the much promised and often delayed, 5 bad habits that will wreck your life, and it's not because I want to teach you how to wreck your life, I want to teach you how to avoid doing that very thing.

The quality of your life, I believe, is directly impacted by the quality of your habits. The problem is that most of us did not consciously choose the habits we currently possess. Maybe we drifted into them or stumbled into them or we otherwise accidentally acquired most of our habits and not all of those habits support the outcomes we truly want for ourselves or the ones that we love. Therefore, in today's episode we will examine five common habits that will completely wreck your life if you let them, and I'll show you how to get rid of them if you find them in your life. That's really good too, because if I'm going to tell you how to wreck your life I should probably tell you how not to do that.

Tip of the Week

Maybe you're like me and maybe you read *The Four Hour Work Week* and you tried to outsource different parts of your business or your job. Maybe that even worked out well for you. Maybe you are still stressed out.

My friend, Perry Marshall, suggested something to me once not long ago that was actually quite life changing. It's one of those "tiny hinges" that swing big doors that David Ogilvy talked about. It's a twist on the idea of outsourcing. Here's the idea in a nutshell. What if instead of outsourcing high level tasks at your job or in your business you outsource tasks in your personal life? You may scoff at this at first, but think about it, if you could outsource things like your laundry, house and yard maintenance, your shopping, cooking, cleaning, picking up the mail, dropping off packages to be shipped, etc. How much time and energy would that free up for you?

Perry's suggestion to me was that it's better to start outsourcing by outsourcing those things that clear space out in my life so that I could have time for critical thinking. This gives me margin so I can spend time on creating ideas, reading, making connections, writing and generally, performing the kind of alchemy that we entrepreneurs get paid for.

So, I've been experimenting with this idea in a serious way recently and my latest find, my tip of the week comes to me through my good friend, Stu McLaren, who turned me on to a company called **Fancy Hands**. Basically, they will do anything for you that can be done in 15 minutes or less. I've just started with them and had them research a long list of inspirational quotes so far for an upcoming presentation I'm giving. I had them find me the best deal on a Keurig Coffeemaker. I had them proof some blog posts and I've had them find and recommend a list of local people who might be available to do some personal assistant work for me, like the things I listed above.

One of the things I really like about their service they calculate how much time you've saved by having them do this for you. So far I've invested about 10 minutes typing up the tasks I wanted them to work on. They estimate they've saved me 1.4 hours and that sounds about right to me, and fairly remarkable. Currently, I'm planning to have them proofread all my blog posts, which I estimate should save me 4-6 hours a month and before you start shouting it's not that I ever spent that much time proofreading my blog posts as you know. Undoubtedly, if you read the posts that go with these podcasts, that 4-6 hour estimate comes from the number of emails that I get from people who say things to me like, Ray do you realize what a goofy typo you made in this blog posts or how that sentence you typed made no sense?

It's because I'm not the world's greatest proofreader, and therefore, I end up answering emails and apologizing to people and then going back to fix the blog posts which eats up a lot of time. For the record, I had Fancy Hands proofread this post, the show notes to this podcast, so check it out at RayEdwards.com/134 and look at the blog post that accompanies it. How did they do? Did they catch all the errors? We'll see.

This is an easy service to try and so far I'm in love with them, so if you decide to stick with them you'll be happy to know it's cheap and there's no contract. In the show notes is a link you can click on to try out Fancy Hands and I get a huge commission which will probably allow me to retire and move to Zihuatanejo, as a result of your trying it out. ☺ I get a few free tasks, but in the spirit of full disclosure if you click the link and try it out I get rewarded. I think you'll like it as much as I do.

Spiritual Foundations

I listen to people's podcasts and read their blogs or hear the talks they give from stage and I think, whatever they're talking about is probably what they're dealing with. I know that to be true for me as well, so when I ask you the following question don't be offended or feel like I'm being intrusive, I'm just sharing my own stuff with you.

Do you ever get worried, anxious, stressed out, overwhelmed, feel like you've got too much to do and not enough time to do it in? If you are ever troubled about a lot of different things, I think I have an answer for us.

You've heard me talk about a book called *The One Thing* by Gary Keller and Jay Papasan and that is indeed a good book. You've also heard me talk about a book called *Essentialism*, by Greg McKeown. That is also a good book. But in truth, there is really only a single "one thing" that is essential to a fulfilled and peaceful life. And you'll find that story in a different good book- the Bible.

In the Gospel of Luke, chapter 10, we read the story of Jesus visiting the home of two sisters, Martha and Mary. Of course, there are others in the home, the father and brother and the brother probably was Lazarus, who was later raised from the dead. Martha was fluttering around the house working hard at being "the hostess with the mostest". She wanted everything to be just right. Mary, on the other hand, was sitting at Jesus' feet, because he was in the main room teaching. Mary was soaking up everything He had to say. It didn't take very long for Martha to get angry, and she apparently felt angry enough that she rebuked Jesus! She said to him, "Lord, don't you care that my sister has left me to do all the work? Tell her to help me!" So not only did she yell at Jesus but she told him what to do.

This woman had guts and a backbone. Technically, Martha was correct in her assessment. In that culture, and at that time, it was considered improper for a woman to be sitting at the feet of the teacher. It was also considered good manners to prepare food and serve your guests. So Martha was doing all the stuff that she "should have been doing". Jesus was gentle, but he came down on the side of Mary; the rule breaker. *But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."* Luke 10:41-42

The emphasis on "one thing" is mine. So what is the "one thing" that Mary chose? It was to sit at the feet of Jesus and listen to what he had to say, to listen to his words. If you have a lot on your mind today, the one thing you need to do is to sit at the feet of Jesus and soak up his words. He has an unlimited supply of grace, wisdom, and peace that we need. We tend to get busy doing things when we're anxious. We often transfer that into our spiritual life, thinking if we can just serve God at some higher level then he will bless us. That's exactly what Martha was doing, and it wasn't working.

That's not to say that serving God is a bad thing. In fact, it's worth noting that Jesus did not rebuke Martha for the service. A lot of people get this wrong they miss this and think he did, but he didn't; he gently corrected her for being "worried and troubled about many things." You might say, "Ray, how can I sit at the feet of Jesus and listen to his words now that he's no longer on the earth?" Two things to consider:

1. We as believers are the "body of Christ" on the earth.

Jesus Christ resides in your brothers and sisters who follow him. He can speak to you through them— through their words, through their prayers, and their acts of service. He's there he's speaking through your brothers and sisters if you will listen

2. Jesus recorded his words for us through the Holy Spirit in the New Testament.

And of course, all Scripture is inspired by God, so the entire Bible is his word. You can have it with you all the time-even on your smart phone!

So the next time you are “worried about many things”, why not try doing “the one thing that is necessary” and listen to the words of your Savior?

Feature Presentation

The forces that shape our lives are usually more glacial than catastrophic. Meaning, they work over time like the ancient glaciers that carved out the mountains, moving inch-by-inch over the span of eons. The glacial power of life change is often contained in the habits we form; the things we routinely do without thinking about it, over and over, year after year on automatic pilot.

Dr. Stephen Covey wrote about this in *The 7 Habits of Highly Effective People*– “*Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.*”

If that sounds abstract to you think of it this way. You go from habit to destiny and destiny is just another way of saying destination, so where you end up depends on the habits you form during the journey. Here are five bad habits that are virtually guaranteed to wreck your life and take you off course from your intended destiny, your best destiny.

1. The habit of reactivity

This means that things happen to you in your life and happen around you and you react. You didn't think ahead or plan. You don't have any kind of prepared response to predictable problems that arise in life and you're constantly in reaction mode. This is like the person who's habitually late and it's always because there's too much traffic, there was construction, they didn't get out of the house on time, when the fact of the matter is, all that could have been avoided if they had simply left earlier. Whereas, instead you reacted to what was in the environment.

2. The habit of poor association

Your parents and grandparents knew about this. They didn't want you hanging around other kids that were a bad influence, remember? So look around your life right now and think about the people you spend the most time with. I wrote about this recently in a blog post, called 'The Fastest Way to Upgrade Your Life'. It's all about the power of positive intentional association. The people you are surrounded by are the people you tend to be like, so look around your life at the people you associate with the most and ask yourself, is this who I want to be like? Do they have any problems? Am I surrounded by people with substance abuse problems? Am I surrounded by people with financial problems, relationship and marital problems or emotional dysfunction?

It doesn't mean we don't love these people, that we can't minister to them, but when we give them access to our very heart and open ourselves up to them in our most intimate space in our life, what is that doing to us. The habit of associating with people who have a downward pull on your life and destiny has consequences.

3. The habit of procrastination

Benjamin Franklin is quoted as saying in the Poor Richard Almanac writings, “*Never put off till tomorrow what you can do today.*” I have struggled with this. It's easy to say of something that you're working on or a project that you have coming up or a presentation you have to give, it's easy to say I'll work on that tomorrow and tomorrow never comes. If you've hung around me at all you've heard me talk about how it's like going into the coffee shop that has the sign behind the

barista that says 'free coffee tomorrow'. It doesn't matter how many times you show up tomorrow the free coffee is always tomorrow.

This habit will wreck your life, because guaranteed someday, tomorrow will not come. What will you leave undone? The habit of procrastination will wreck your life. You'll never be sorry you took care of something today. Think about that.

4. The habit of instant gratification

How we live in the age of instant gratification. When anything we want, any question we want answered and we can get it answered on our phone, reach into our pocket and pull out a little computer that's tied to satellites and the worldwide network of human knowledge and experience and wisdom and get an answer to our question. I don't want to sound like I'm suffering from old guy-ism, but I remember the days when, if I had an obscure question I wanted answered I went to the library to the reference desk and submitted my question on paper and I might get an answer that day or might have to come back after they had time to research.

Does anyone else remember that? I'm not saying those days are better, I'm not like those two old guys on the muppets... Internet, I don't like smartphones and social media, I want to go back to the days of libraries, remember when they had the card catalogue with the 3x5 cards? That's how you looked up a book. You never had to backup the card catalogue or plug it in and the batteries never went dead... that's not me. I love the ability to get questions answered by almighty Google. I love my smartphone and social media, but we have crossed into a society and way of thinking that's all about instant gratification and there is virtue in not getting everything you desire granted immediately.

Instant gratification causes people to get into debt up to their eyeballs, because they want the big screen TV and the new MacBook Pro so they put it on a credit card and then dig themselves a hole they'll never dig out of as long as they live. They get a mortgage on a home that they qualify for but they shouldn't buy because they can't afford it. Just because you qualify for it doesn't mean you can afford it.

(Did you know the word mortgage at its root means till you die?)

5. The habit of victimhood

This is almost as much an epidemic as the habit of instant gratification that we see in today's world. Everybody seems ready to tell their story of how they've been victimized in some way or other. You hear conversations by sitting and listening at your local Starbucks and you'll hear something like this... 'Well, my boss did this bad thing and it made my life miserable, my job terrible and I can't stand it. Then the other person will say oh yeah, well that's nothing you should hear what happened at my company.' They continue together going on about how they've been victimized by their company or boss or even their customers, spouses, etc.

Look out if somebody actually has a real problem, like a physical injury, illness or financial setback or a business failure. They get into victimhood mode and it's interesting that so many people feel comfortable taking it public on Facebook. It's like they have this desire to be coddled in their victimhood so they parade their woes. 'My life is so terrible, I've dropped my iPhone in the toilet and backed my car into a light pole, my husband hates me, I'm fat and can't lose weight. The world is against people with blonde hair and green eyes, woe is me, I just can't get a break.

The victim thinking mindset is deadly. It disempowers you and robs you of your power to accomplish good things. It robs you of the power to accomplish the good works that were setup for you to do in this life, before you even arrived on planet earth, that God himself arranged. I believe this; God himself said 'I've got good things for Ray to do. I've got so much good stuff that he's going to be able to do.' Yet, every time I lapse into victim thinking I'm taking those plans God made and throwing them away, in essence, saying to him you don't know what you're talking about, you have no idea how hard my life is.

It's ridiculous when I put it that way but that's what we're saying. So those are the five bad habits. Of course, I'm not going to leave you hanging. Once you've decided to get rid of these bad habits, you need to replace them with good ones or they'll come back and come back seven times stronger than they were when you first had them. Now I'll give you five good habits that will enhance your life and replace the bad ones. You don't even have to think about getting rid of the bad habits if you simply practice the good ones, because the bad habits will vanish on their own.

1. The habit of proactivity

Dr. Covey said, '*Things happen to reactive people. Proactive people happen to things.*' That's a pearl of wisdom so don't ignore it. What's the definition of being a proactive person? It's being positively active in taking action on the environment around you to achieve the outcomes you want to achieve. A proactive person doesn't just go on a hike and get caught in the rain without a coat, water, shelter or first aid kit. A proactive person thinks about all the things that might go wrong on a hike, what they might need and they take rain gear, a first aid kit and maybe some extra food or emergency shelter. Proactive people don't end up at the end of their lives dead or dead broke with nothing to show for it, they build a legacy over time, because they planned ahead for that legacy.

They don't find themselves 80 years old having to work as a greeter at Walmart, because they have no money. Maybe you're a person who hasn't been proactive and you're 70-80 years old and you're listening to this now. Maybe you're working as a greeter at Walmart and you have no money, and you felt condemned by what I just said. Please don't take it that way. A proactive person realizes I'm here right now today and I have the power to act on my own behalf. So you can be proactive starting right now. You can draw the line against the enemy, the resistance and chaos that longs to overtake your life, even if you're 80 years old and broke, and you can say to the enemy you can come this far and no further. We're done now, I am proactive. I am powerful. I am free. You can do that today.

2. The habit of intentional association

Choose who you hang out with and emulate, model, learn from and choose as a mentor, whether a personal or one from afar. Benjamin Franklin could be your mentor. You read his autobiography and he's your mentor. If you pay attention to what he wrote, because if you have the intention of drawing from his wisdom and learning and knowledge and applying it to your own life. If you want to be a good investor, why not have Warren Buffet as a mentor? You don't have to know him or talk to him, you can read his book.

You can also choose the people you hang around with consciously. Maybe you start a book club where you read books that are inspiring, uplifting, that encourage and educate you. Perhaps you have a mastermind group you become a part of. You develop the habit of intentional association.

3. The habit of advance preparation and the power of the compound affect

Remember, this is the antithesis of the habit of procrastination and putting things off. Therefore, this habit is simply, thinking ahead and preparing in advance. In the Army they have a saying, the 5 P's: prior preparation prevents poor performance.

You can live by this, write it down. The power of the compound affect, if you haven't read Darren Hardy's book *The Compound Affect*, I strongly recommend it it's a great book. It teaches the principle that it's not the homeruns that win the game of life it's the little pieces of progress we can make everyday compounded over time, the little efforts compounded over time that make the big difference. So you can do a little bit today and things will get better over time. When the big problems arise they don't often, because you've prepared in advance.

4. The habit of delayed gratification

This doesn't mean you have to wait for everything in your life. Sometimes the moment is right to go ahead and do the thing you want to do, take the trip you want to take, buy the item you want to buy, but other times it's good to wait. It's sweeter to wait. I'm currently on an eating plan where, throughout the week I eat meat and fresh vegetables and I abstain from carbs and anything white... flour, sugar and rice... this is most of the time and I delay my desire for pizza, cobbler, ice cream or any of those things I desire. I delay that gratification until my one day per week I have where I can eat anything I want to. That delayed gratification has helped me lose 20 pounds and become healthier and stronger. Delayed gratification isn't always pleasant but the result is almost always delightful.

Develop this habit. If you have the habit already then you won't buy things you can't afford with money you don't have to impress people you don't like.

5. The habit of the victorious mindset

This is the absolute antithesis of victimhood. This habit presumes that you will be victorious, even in the face of terrible odds, discouragement or adversity. This is what inspires people like Helen Keller or FDR, who faced terrible physical challenges and limitations to achieve greatness, because they have a victorious mindset. Anything that shows up externally as a victory started internally as a thought.

Watch what you think about and you won't have to think much about what you do or say. Remember the words of Dr. Covey...*"Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny."*

Cultivate these habits for the next 30 days and I guarantee you will see a dramatic change in the quality of your life. Commit to them for six months and I believe your results will be almost unrecognizably glorious and you'll be hooked on these habits. If you do that you won't have to worry about the bad habits because they will be completely flushed away by the good habits I've shared.

What to Do Now

The question for this week's episode is... Have you overcome any of these bad habits in the past that we've talked about? If so, how did you do it? Please leave a comment about that at the show notes page at RayEdwards.com/134.

Next week our episode topic will be ...How to Live with Joy Lead with Passion and Prosper with Purpose...

Until next time, may God continue to bless you and may he keep doing for you more than you can ask or possibly even imagine.

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