

Welcome!

Developing Success Habits



**Presented by
Rick Lynch**

**“Your every success and failure are the
result of habits you have formed.”**
-Napoleon Hill

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Habits are automatic patterns of behavior and thought that people engage in without conscious effort.

Success habits are automatic patterns of behavior and thought that lead people to success without any conscious effort.

Types of Habits

- 1. Physical Behavior**
- 2. Thought**
- 3. Emotion**
- 4. Physiological Reactions**

**Our nonverbal behavior
affects how other people
think and feel about us.**

**It also affects how we think
and feel about ourselves.**



**Our bodies change our
minds.**

Successful people are usually
in the habit of doing things
that other people don't **want**
to do.

Stages of Habit Formation

- 1. Unconscious Incompetent**
- 2. Conscious Incompetent**
- 3. Conscious Competent**
- 4. Unconscious Competent**

Warranty

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