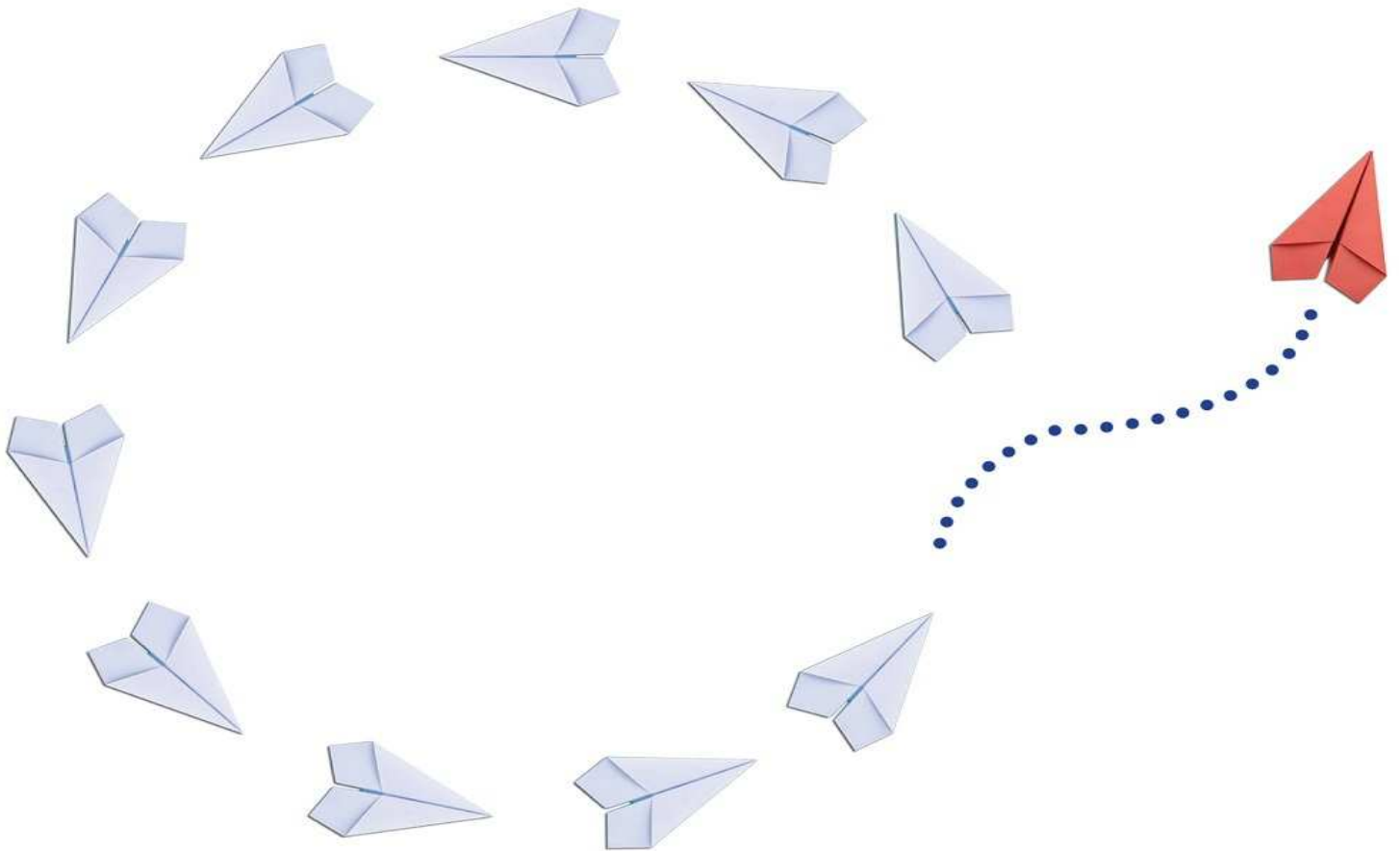


30 DAYS

**Change your habits,
Change your life**

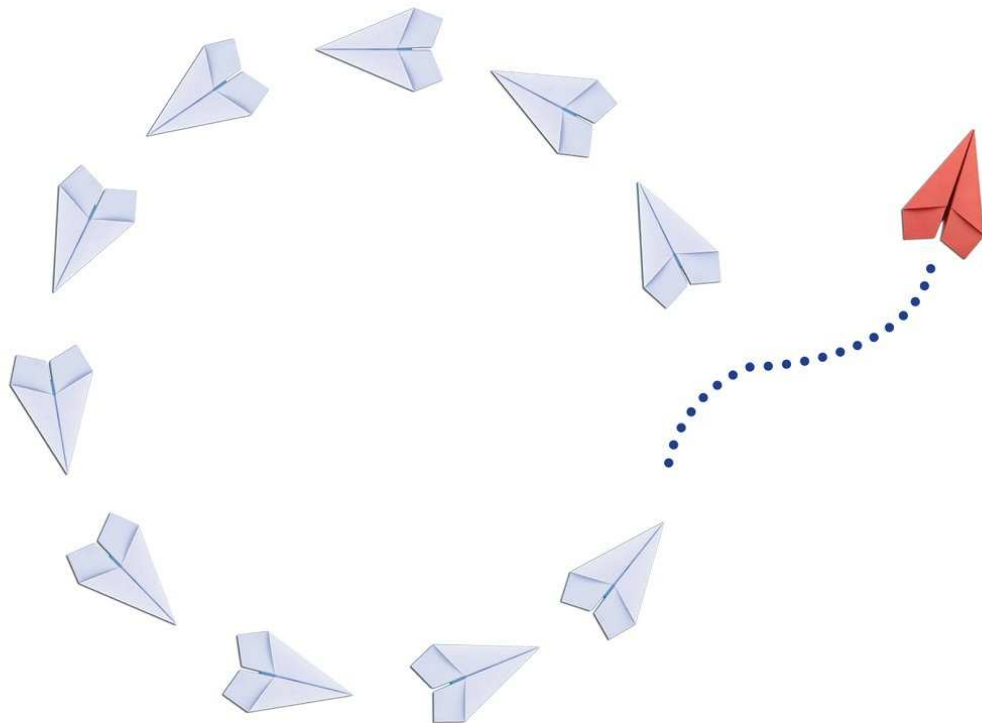


MARC REKLAU



30 DAYS

Change your **habits**,
Change your **life**



MARC REKLAU 

30 DAYS

Marc Reklau is a coach, speaker and a bestselling author. Marc's mission is to empower people to create the life they want and to give them the resources and tools to make it happen.

His message is simple: Many people want to change things in their lives, but few are willing to do a simple set of exercises constantly over a period of time. You can plan and create success and happiness in your life by installing habits that support you on the way to your goals.

If you want to work with Marc, directly contact him on his homepage www.marcreklau.com, where you can also find more information about him.

You can connect with him on Twitter [@MarcReklau](https://twitter.com/MarcReklau), Facebook or on his website www.goodhabitsacademy.com.

30 DAYS

Change your **habits**,
Change your **life**

MARC REKLAU



RUPA

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You must test everything for yourself according to your own situation, talents and aspirations.

You are responsible for your own decisions, choices, actions and results.

The beginning is the most important part of the work.

—PLATO

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One last thing...

Acknowledgements

Introduction

*If you think you can, you're right,
if you think you can't, you're right.*

—HENRY FORD

Look around you. What do you see? Look at your surroundings, the atmosphere and the people around you. Think of your current life conditions: work, health, friends, people surrounding you. What do they look like? Are you happy with what you see? Now look inside of you. How do you feel RIGHT NOW in this moment? Are you satisfied with your life? Are you longing for more? Do you believe that you can be happy and successful? What is missing from your life that you need to make it happy and/or successful? Why do some people seem to have everything and other people nothing? Most people have no idea how they get what they get. Some of us just blame it on fate and chance. I'm sorry that I have to be the one to tell you: "Sorry, friend! You have created the life you have! Everything that happens to you is created by YOU—either consciously by design or unconsciously by default; it's not a result of fate or circumstances.

I decided to write this book because I'm seeing so many people that are dreaming of improving their life, being happier, becoming wealthier yet according to them, the only way that could happen would be due to some kind of miracle: winning the lottery, marrying rich or some other stroke of luck. They are looking for outside influences to happen by chance and change everything. They think life happens to them. Most of them have no idea that they can be in total control of their life each and every moment and every day of their lives. So, they continue daydreaming, doing those things that they've always done, and waiting for some miraculous outcome. Sometimes, they actually don't even know what they want! The following is a conversation I actually had:

Q: “What would you do if you had enough time and money?”

A: “Man! That would be great! I would be happy!”

Q: “And what would ‘being happy’ look like to you?”

A: “I would do everything I want to do!”

Q: “And what is ‘everything you want to do’?”

A: “Oh! Now you got me. I don’t even know!”

The true tragedy is that if they would only stop for one moment, ask themselves what **they really want in life** , write down their goals and start working toward them, they could actually make those miracles happen. I see it day in and day out with my coaching clients: people that come to me because they want to change something in their lives, and instead of sitting around and waiting and dreaming of a better life, they actually take matters in their own hands and start taking action! And the results are fabulous!

Remember: You are leading the life that you have chosen! How? This is because we create our life every moment through our thoughts, beliefs and expectations and our mind is so powerful that it will give us what we ask for. The good thing is that you can train your mind to give you only the things you want, and not the things that you don’t want! And it gets even better: you can learn how to deal with things that you can’t control in a more efficient and less painful manner.

I’ve been studying the principles of success and how to achieve happiness for nearly 25 years now. What I always subconsciously knew became a structured method using the tools and exercises of coaching. More than ever, I’m convinced that success can be planned and created. For the skeptics who think that all this is metaphysical nonsense, just look at the enormous progress science has made and how it can now prove many things which only 25 years ago could only be believed without being proven. The most important message in this little book is: **Your happiness depends of YOU, and nobody else!** In this book, I want to introduce you to some proven tips, tricks and exercises that can improve your life beyond your imagination **if you practise them constantly and persistently** . More good news: You don’t need to win the lottery to be happy! You can start by doing little things in your life differently in a constant and consistent manner, and over time, results will show.

This is how my coaching clients achieve incredible results: creating new habits and working toward their goals consistently, and doing things that bring them closer to their goals every single day. **It is possible! You can do it! You deserve it!**

Simply reading the book won't help you a lot, though. You have to take ACTION! That's the most important part—(and it is also the part that I struggled with the most for many, many years). **You have to start doing and practising the exercises and introducing new habits into your life.** If you are very curious—read the whole book once with a pen or pencil and a notebook in hand to make notes if you like. Then read the book a second time—this is when the rubber meets the road—and now start doing some of the exercises and introducing new habits into your life. If you do the exercises in this book regularly and consistently, your life will change for the better! Experts in the field of success teachings, coaching and Neurolinguistic Programming agree that it takes 21 to 30 days to implement a new habit; 30 days that can make a difference in your life. 30 days of working consistently on yourself and your habits can turn it all around—or at least put you in a better position. At least try it out! Stay with some of the exercises for at least 30 days. Do the ones that come easy to you. If it doesn't work out for you, write me an email with your complaint to marc@marcreklau.com

I have also provided some WORKSHEETS on my [homepage](#) . Download them and **HAVE FUN!**

1

Rewrite your story

*Change the way you look at things
and the things you look at change.*

—WAYNE W. DYER

The first time I came in contact with this idea was nearly 25 years ago while reading Jane Roberts's book "Seth Speaks". Seth says **you are the writer, director and main actor of your story**. So if you don't like how the story is playing out... change it! At that time, I thought it's kind of a comforting idea, gave it a try, and have lived by it ever since—in good times and bad times. **It doesn't matter what happened in your past. Your future is a clean sheet!** You can reinvent yourself! Every day brings with it the opportunity to start a new life! You get to choose your identity at each and every moment! So who are you going to be? It's up to you to decide who you are going to be from this day on. What are you going to do?

If you DO some of the things suggested in this book, create new habits, and do just some of the many exercises that you will find here, things will start to shift. **It's not going to be easy and you will need discipline, patience and persistence.** But the results will come.

In 2008, when FC Barcelona's coach Josep "Pep" Guardiola took charge of the team that was in a desolate state, he told the 73,000 people in attendance in the stadium and the millions of viewers on Catalan television, in his inauguration speech: "We can't promise you titles, what we can promise you is effort and that we will persist, persist, persist until the end. Fasten your seatbelts—we are going to have fun." This speech started the most successful period in the 115

years history of the club and few people think it can ever be repeated. The team went on to win three national championships, two national cups, three Spanish Supercups, two European Supercups, two Champions Leagues and two World Club Championships in their four years of domination of World football. (If you don't follow soccer: This is like a mediocre NFL team winning four Superbowls in a row).

They rewrote their story.

Now it's your turn. Make some effort and persist, persist, persist! Don't give up! Fasten your seatbelts and have some fun!

2

Self-discipline and commitment

It was character that got us out of bed, commitment that moved us into action and discipline that enabled us to follow through.

—ZIG ZIGLAR

*If you cannot do great things,
do small things in a great way.*

—NAPOLEON HILL

This is one of the first chapters because it will be the foundation of your future success. Your way to success and happiness is deeply connected to your willpower and commitment. These character traits will decide whether you do what you said you would do and go through with it. These will keep you going toward your goals, even when everything seems to go against you. **Self-discipline is doing the things you need to do, even if you are not in the mood for it.** If you train to be self-disciplined and have the will to succeed, you can do great things in your life. But even if you don't have the slightest bit of self-discipline within you right now, don't worry. You can start training your self-discipline and willpower from this moment on! Self-discipline is like a muscle. The more you train it, the better you get. If your self-discipline is weak right now, start training it by setting yourself small, reachable goals. Write down the success you have and keep in mind that you don't have limits—only the ones you set for yourself.

Visualize the benefits you will have at the end of the road: For example, if you want to go running at 6 a.m. in the morning and you

just don't seem to make it out of bed—imagine how good you will feel when you are at the fitness level that you want to be at and how great you will look. Then jump out of bed, put on your running clothes, and go! Remember: **This book will only work if you have the will and the discipline to make it work!**

What is your word worth? Take your commitments seriously! Because not keeping your commitments has a terrible consequence: you lose energy, you lose clarity, you get confused along the way to your goals, and even worse, you lose self-confidence, and your self-esteem takes a hit! To avoid this, you have to become aware of what is really important to you and act in line with your values.

A commitment is a choice! Only make commitments that you really want. That can mean fewer commitments and more “NOs”. If you commit, keep your commitment—whatever it takes. Give them the importance and value that they deserve and be aware of the consequences of not keeping them.

Time to take action!

Ask yourself the following questions:

In what areas are you lacking self-discipline at the moment? Be completely honest.

What benefits will you obtain if you had more self-discipline?

What will be your first step toward reaching your goal?

Write down your plan of action in small steps. Give yourself deadlines.

How will you know you've reached your goal of having more self-discipline in _____?