

SUCCESS HABITS OF SUPER-ACHIEVERS

UNLEASHING GREATNESS
with Jennifer Maret Moran



Who Do You Consider To Be A Super Achiever?



SUCCESS HABITS OF SUPER ACHIEVERS

WITH LESSONS FROM:

Darren Hardy

Les Brown

Brian Tracy

Lisa Haisha

Mark Victor Hansen

Kyle Wilson

Phil Collen

And More



Proven Strategies From Over 80 Iconic Thought Leaders, Entrepreneurs, Professionals, Coaches, Authors, Investors, Musicians, and More

A Few Qualities of Super Achievers

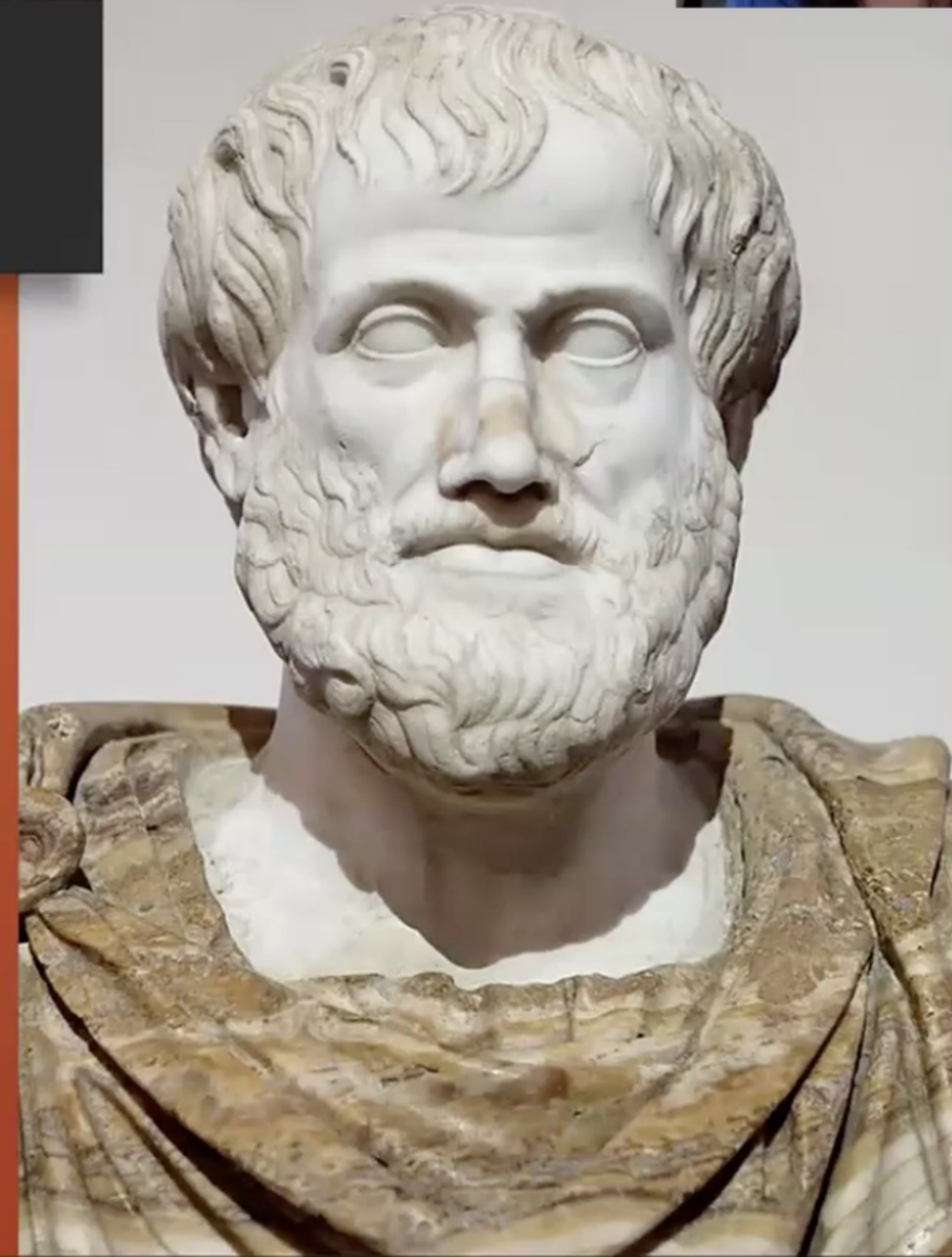
- INTELLIGENT
- RESPONSIBLE
- HONEST
- MOTIVATED
- DISCIPLINED
- RESILIENT
- ACTION-ORIENTED
- GRIT
- DELAY GRATIFICATION
- EMBRACE CHANGE
- PERSEVERENCE
- GROWTH MINDSET
- STRONG-WILLED
- BIG PICTURE THINKER

HABIT

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

-Aristotle

Ancient Greek Philosopher



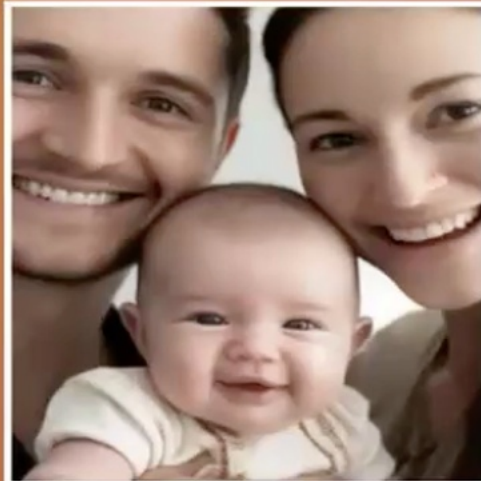
Jennifer Maret Mora...

HABIT #1: BELIEF IN YOURSELF



LIDS: LIMITING INTERNAL DECISIONS re: SELF

FAMILY



TEACHERS



COACHES



FRIENDS



RELIGION



WORK





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HABIT #2: KEEPING CLARITY OF VISION

“The only thing worse
than being blind is having sight
but no vision.”

- Helen Keller

American Author, Activist, & Educator

Why Is Having A Vision Important?

- Assists You In Setting S.M.A.R.T. Goals & Expectations
- Keeps You Focused & Helps You Avoid Distractions
- Helps You Identify Your Strengths & Weaknesses
- Allows You Recognize Opportunities That Are In Alignment With Your Vision
- Encourages You To Take Action When Necessary
- Establishes and/or Affirms Your “Why”

HABIT #3: MAINTAINING A POSITIVE ATTITUDE

“You gotta
cultivate your
edge.”

- John Addison

Former CEO, Primerica



HABIT #4: PRACTICING GRATITUDE

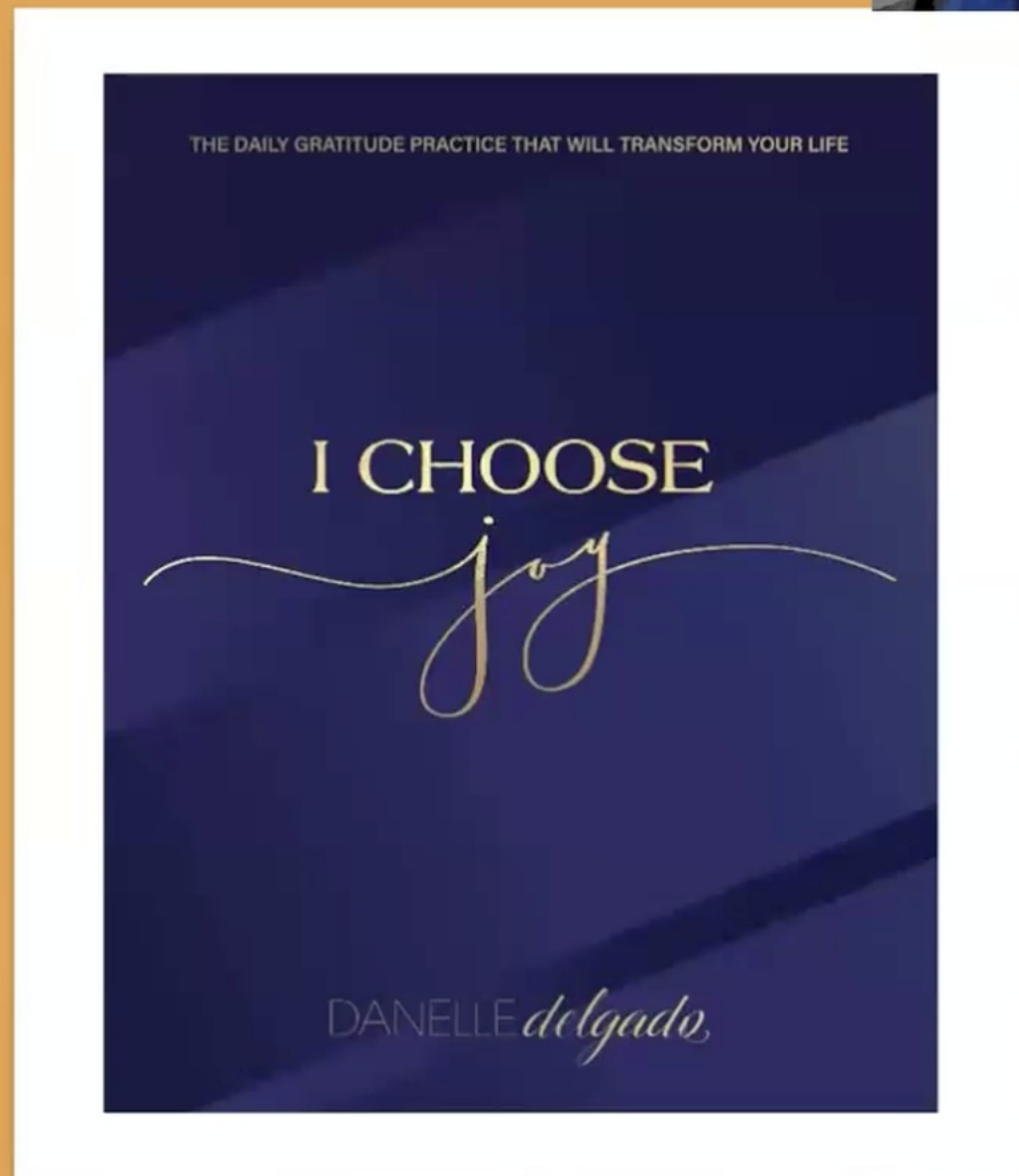
“Research shows that practicing gratitude 15 minutes a day 5 days a week for at least 6 weeks can enhance mental wellness and possibly promote lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health.”

- UCLA Health



Ways To Practice Gratitude

- Keep A Gratitude Journal
- Write A Thank You Note
- Send A Thank You Gift
- Thank Someone Mentally
- Count Your Blessings
- Meditate
- Pray



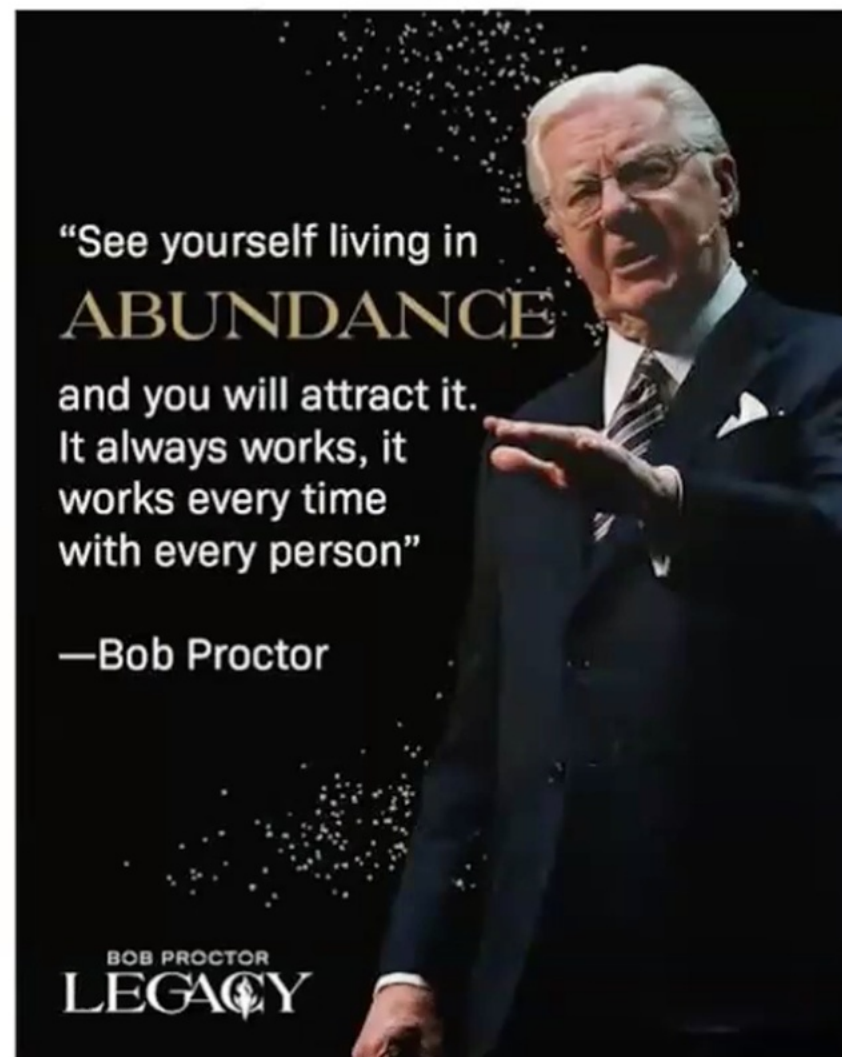
HABIT #5: DAILY AFFIRMATIONS

- “My self-worth is separate from other people’s opinions.”
- “I easily and consistently attract strong leaders to my team.”
- “Prosperity & abundance flow naturally into my business.”
- “I approach my business today with high energy and joyful discipline.”
- “I am unstoppable!”



HABIT #5: DAILY AFFIRMATIONS

"I am so happy and grateful now that money comes to me in increasing quantities through multiple sources on a continuous basis."



HABIT #5: DAILY AFFIRMATIONS

Meditation for the Day

Share your love, your joy, your happiness, your time, your food, your money gladly with all. Give out all the love you can with a glad, free heart and hand.

Do all you can for others and back will come countless stores of blessings.

Sharing draws others to you.

Take all who come as sent by God and give them all a royal welcome. You may never see the results of your sharing. Today they may not need you, but tomorrow may bring results from the sharing you did today.

INCOME BREAKDOWN	
By Year, Month, Week, Day, Hour, Minute, Second	
1 year	\$2,002,000.00
1 month	\$168,833.33
1 week	\$38,500.00
1 day	\$5,500.00
1 hour	\$229.17
1 minute	\$3.82
1 second	\$0.06

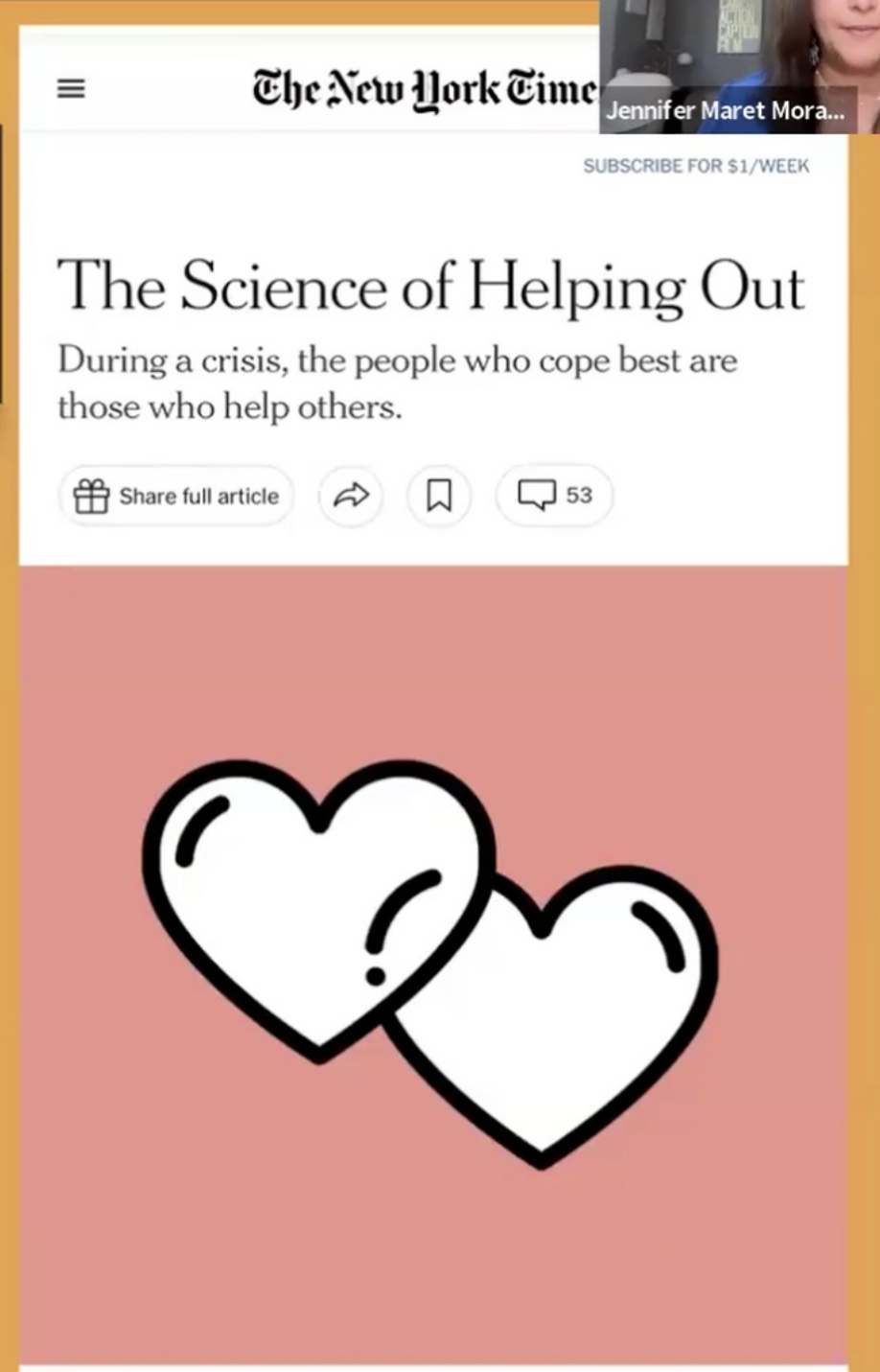


HABIT #6: SERVING OTHERS

“There is a lot of evidence that one of the best anti-anxiety medications available is generosity.”

- Adam Grant

Organizational Psychologist, Wharton School



“Serving Others
Through Their Storms
Helps Me Weather
My Own Storms...”

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FOX NEWS



NO IMMEDIATE RESPONSE FROM THE
GOOD SAMARITAN RECRUITS HELP AND
GATHERS SUPPLIES IN HARVEY'S WAKE
FOX NEWS ALERT
FLYING OVER JAPAN

Fox Report Weekend September 12, 2017 · 05:38 · CLIP

Texas family jumped into action to help Harvey victims

Moran family coordinated rescues

f x e l



HABIT #7: ACCOUNTABILITY & RESPONSIBILITY

“Accountability breeds response-ability.”

Stephen R. Covey

Bestselling Author of “The 7 Habits of Highly Effective People”

“The price of greatness is responsibility.”

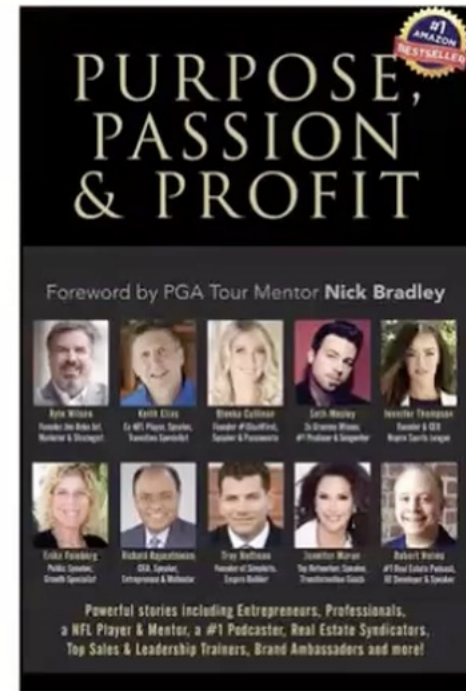
Winston Churchill

Legendary Prime Minister of the United Kingdom

Let's Talk Accountability...

SUPER-ACHIEVER PRO TIP:

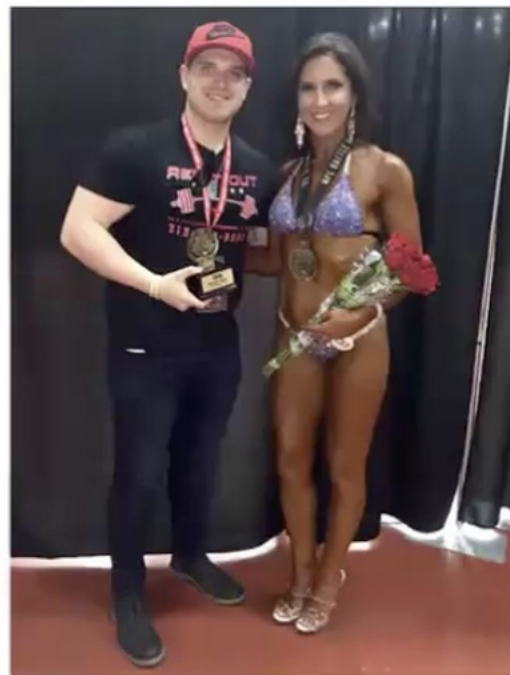
Get An Accountability Partner



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“I thought about quitting but then
I noticed who was watching.”



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HABIT #8: MAKING HEALTH A PRIORITY

MOVE EVERYDAY

*"We don't die of old age.
We die because we rust."*

EAT CLEAN

Delayed Gratification

"Put It On The List"

SLEEP MORE

Sleep Is NOT For Sissies

Create A Sleep Sanctuary

BREATHE MORE

Box Breathing



“BOX” BREATHING

Used by the U.S. Navy Seals to calm the autonomic nervous system which regulates blood pressure, body temperature, and heart rate.

- Improves Mental Well Being
- Heightens Cognitive Performance
- Enhances The Body's Reaction To Stress

HABIT #9: FORGIVENESS

“Let it go!”

- Elsa

Snow Queen from Frozen



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HABIT #9: FORGIVENESS

ELIMINATE “PPCOKIG”:
aka “Double Peacocking”

- bad People
- bad Places
- Comparison to others
- Overthinking / “Knowing”
- Instant Gratification

“BIRDS OF A FEATHER...”



Who You Surround
Yourself With Matters!

HABIT #10: CONSISTENCY

“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

- John C. Maxwell

#1 NY Times Bestselling Author & Named “Most Popular Leadership Expert In The World” by INC. Magazine



Jennifer Maret Mora...



HABIT #10: CONSISTENCY

Chapter 5

THE LAW OF CONSISTENCY

“Motivation
gets you going
but consistency
keeps you growing.”

