

# A Message from Dan Manginelli

## Create The Habit

I have found that the thing most people do or don't do is based on habit. If you have become accustomed to winning, it becomes a habit and you will not settle until you win. On the other hand if you have become accustomed to settling for whatever you get, then average has become your habit. We all make decisions based on habits or what we have done for years, rather than facts, intense research, or studies. For some, the way we eat, the fitness program we are on (or not on) and our business is all a routine that seems to repeat itself year after year. Sometimes we interrupt the habit by doing things differently. We might go on a diet, start going to the gym, or make calls to prospects to increase our business. But when the results are not fast enough, we go right back to what we know.

This week it's time to break the habit pattern! I challenge you to write down your daily routine. We all have one; from the time we wake up to when we go to sleep. From that first cup of coffee to fluffing the pillow the way we like it before bed. As you write down all of your actions take a look at your list. Are they good habits, bad habits, or just habits that have no effect on you or others? This will tell if you want to go to the next level! Look at the good habit list and add what you want or need to create better habits. Next, look at the bad habit list. Next to each one write what you have to do to change that habit. Now is the time to take action. If you really want

to break the chain you must take action. Everyone wants to have more, be more, make more, but only a few are willing to make winning a habit. Vince Lombardi said, "Once you learn to quit it becomes a habit". I believe that once you learn to win and have success that also becomes a habit.

This week create the habit of winning and make this week count.

Sincerely,

Daniel Manginelli - Founder/Owner  
Manginelli Group



You can get more information about me at [ManginelliGroup.com](http://ManginelliGroup.com) and for more motivation, you can purchase my book "Wake Up! Jumpstart The Life You've Always Had In Mind". See the link below.

### Upcoming Events

**April 23, 2016**

SHAKE IT UP Book Release Party

Prego Restaurant - Irvine CA

4pm - 7pm

More info: [ShakeItUpTheBook.com](http://ShakeItUpTheBook.com)

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