



30 DAYS

**CHANGE YOUR HABITS
CHANGE YOUR LIFE**

A couple of simple steps every day to
create the life you want

M A R C R E K L A U

30 DAYS

Change your habits,
Change your life

Marc Reklau

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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.

Marc Reklau

Visit my website at www.marcreklau.com

“The beginning is the most important part of the work.”

Plato

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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 call your life 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 towards 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 practice 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 towards 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 practicing 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 Neuro-linguistic 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 WORK SHEETS on my [homepage](#). Download them and **HAVE FUN!**

Chapter 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 Robert’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 73000 people in attendance in the stadium and the millions of viewers on Catalonian 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 3 national championships, 2 national cups, 3 Spanish Supercups, 2 European Supercups, 2 Champions Leagues, and 2 World Club Championships in their 4 years of domination of World football. (If you don’t follow soccer: This is like a mediocre NFL team winning 4 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!

Chapter 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 towards 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 towards 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 _____?

Chapter 3: Take full responsibility for your life!

“Peak performance begins with your taking complete responsibility for your life and everything that happens to you.”

Brian Tracy

“Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.”

Sigmund Freud

There is only one person that's responsible for your life and that is YOU! Not your boss, not your spouse, not your parents, not your friends, not your clients, not the economy, not the weather. YOU! The day we stop blaming others for everything that happens in our life, everything changes! Taking responsibility for your life is taking charge of your life and becoming the protagonist of it. Instead of being a victim of circumstances, you obtain the power to create your own circumstances or at least the power to decide how you are going to act in the face of circumstances that life presents to you. It doesn't matter what happens to you in your life; it matters what attitude you adopt. And the attitude you adopt is your choice!

If you blame your life situation on others, what has to happen to make your life better? All of the others have to change! And that my friend I tell you, is not going to happen. If you are the protagonist, YOU have the power to change the things that you don't like in your life! You are in control of your thoughts, actions, and feelings. You are in control of your words, the series you watch on TV, and the people you spend your time with. If you don't like your results, change your input - your thoughts, emotions, and expectations. Stop reacting to others and start responding. Reaction is automatic. Responding is consciously choosing your response.

You take your life in your own hands, and what happens? A terrible thing: no one to blame - Erica Jong

The victim says: Every bad thing in my life is others' fault, but **if you are not part of the problem, then you also can't be a part of the solution** or - in other words - if the problem is caused by the outside, the solution is also

on the outside. If you're coming in late to work because of "traffic", what has to happen so that you can get to work on time? Traffic has to disappear magically! Because as long as there is traffic - you will always be late. Or you can act like a protagonist and leave home on time. Then it depends on you.

So once again: even if you don't have control over the stimuli that environment sends you continuously, you have the liberty to choose your behavior in facing the situation.

The person with a "victim mentality" only reacts, is always innocent, and constantly blames others for his or her life situation, while using the past as justification and putting their hopes on a future which will miraculously bring solutions to problems or a change in others who are causing the troubles.

The protagonist knows that he or she is responsible, chooses adequate behavior and holds himself accountable. He uses the past as a valuable experience from which to learn, lives in the present where he sees constant opportunities for change, and decides and goes after his future goals. The most important question is: "Who will you choose to be – by your actions – when life presents you with these circumstances?"

Gandhi said it very nicely: "They can't take away our self-respect if we don't give it to them."

	Reactive Responsibility (Victim)	Proactive Responsibility (Protagonist)
Internal and external dialogue	I depend on external factors. I can't change anything. Life happens to me.	I initiate change. Life happens, but I choose my behavior.
Focus	Outside of me Focuses on excuses (crisis, age, it's not a good time)	Inside of me Options and power of choice Success depends only on me (e.g. change jobs)
Problems	Focusing on problems. Everybody does it wrong, I'm right. Searching for causes.	Focusing on solutions. I act where I have control and accept where I don't have control.
Luck vs. influence	Life is not fair, you can't influence it. It's just a matter of luck.	Luck doesn't exist. Focus on opportunities, create them if necessary. It depends on the work you put into it.

Ask yourself the following questions:

Who are you blaming for your life situation right now? (Your partner? Your boss? Your parents? Your friends?)

What would happen if you stopped blaming the others for what happens to you in your life?

What would happen if you would stop being a victim of the circumstances?

Is it comfortable for you being the victim?

What benefits does it have for you to be a victim?

What would happen if you stopped suffering in your life and took the decision to change it?

What would you change?

Where could you start?

How would you start?

Action Step:

Write down five things that you can do in the coming week to start changing the course and start taking charge of your life.

Chapter 4: Choices and Decisions

“Once you make a decision, the universe conspires to make it happen.”

Ralph Waldo Emerson

Maybe you have heard that your life is the result of the decisions you made. How do you feel about that? Is this true for you? It's important that from now on, you are aware of the power you have over your life by making decisions!

Every decision, every choice has an important influence on your life. In fact, your life is a direct result of the choices and decisions you made in the past and every choice carries a consequence! Start making better choices.

Remember that you choose your thoughts and even your feelings.

The most important thing is to make decisions. Whether the decision is right or wrong is secondary. You will soon receive feedback that will help you to progress. Once you have made a decision, go with it and take the consequences. If it was wrong, learn from it and forgive yourself knowing that at that point in time and with the knowledge you had, it was the best and the right decision to take.

YOUR ATTITUDE + YOUR DECISIONS = YOUR LIFE

Victor Frankl was a Jewish psychologist imprisoned in Germany's concentration camps during the Second World War. He lost his entire family except his sister. Under these terrible circumstances, he became aware of what he named “the ultimate human freedom”, which not even the Nazi prison wards could take away from him: they could control his external circumstances, **but in the last instance it was him who CHOSE HOW these circumstances were going to affect him!**

He found out that between STIMULUS and RESPONSE there was a small space in time in which he had the freedom to CHOOSE his RESPONSE! This means that even if you may not be able to control the circumstances that life presents to you, you can always **choose** your response in facing those circumstances, and by doing so have a huge impact on your life.

In other words, what hurts us is not what happens to us, but our response to what happens to us. The most important thing is how we RESPOND to

what happens to us in our lives. And that is a CHOICE!

Do you want to be healthier? Make better choices about food and exercise. Do you want to be more successful? Make better decisions about who you surround yourself with, what you read, and what you watch. There are no excuses!

Forgive me if I make the assumption that your life situation is not worse than Victor Frankl's when he made this discovery: for me being a Jew in a German concentration camp in WW2 is as bad as it gets.

Questions to ask yourself:

What decisions could you make today to start change?

Will you choose to be more flexible? More positive? Healthier? Happier?

Action Steps:

1) Write down at least three changes that you want do make today:

1 _____

2 _____

3 _____

2) Read Viktor Frankl's book "Man in search of meaning".

Chapter 5: Choose your thoughts

“The universe is change; our life is what our thoughts make it.”

Marcus Aurelius

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.”

James Allen

If you want to improve your life, the first thing you have to do is improve your thoughts. Your thoughts create your reality so you better have them under control! By controlling your thoughts, ultimately you control your life and your destiny. So observe your thoughts every now and then. Peace Pilgrim’s quote “If you realized how powerful your thoughts are, you would never think a negative thought.” says it all: don’t get stuck in negative thoughts. Replace them with positive thoughts such as “everything is going to be all right” every single time they come up.

Think positive! A positively thinking person is not a dreamer, who thinks there are no problems in life. Instead he or she recognizes that problems are opportunities to grow, and knows that they only have the meaning that they are given. **Positive thinking is to see reality as it is, accept it, and make the best of it.** Don’t let your thoughts dominate you, instead dominate your thoughts and control their quality. Train your mind to concentrate only on positive, creative, and inspiring thoughts. If you train your mind like this for a while you will see that the circumstances of your life change too. You are the creator of your thoughts, but you are not your thoughts. Your thoughts are energy and the energy follows the thought. Thoughts create emotions, which create behavior, which create actions, and those actions have consequences in your daily life.

THOUGHT→EMOTION→BEHAVIOR→ACTION

Your thoughts depend on your beliefs about life. If you don’t like what you are receiving then have a look at what you are sending! Everything that is in

your life has been created by your thoughts, expectations, and beliefs. So analyze them! If you change your beliefs, you will get new results!

Practice a thought often enough so that it becomes a belief, and your behavior and actions will follow its lead. For instance, if you constantly worry about not having enough money, you'll create behaviors based on fear. You'll play smaller. You'll try to hang on to the money you have versus playing to win.

Action Step:

Try to have no negative thoughts for 48 hours. Block them from the first moment and substitute them with positive thoughts of love, peace, and compassion. Even if it seems difficult at the beginning, hang in there. It gets easier. Then try this for 5 days, and finally a week. What has changed in your life since you started thinking positively?

Chapter 6: What do you believe?

“These then are my last words to you. Be not afraid of life. Believe that life is worth living and your belief will help create the fact.”

William James

“The outer conditions of a person's life will always be found to reflect their inner beliefs”

James Allen

What do you believe? This is extremely important, because ultimately your beliefs create your reality! You create what you believe and your world is only your interpretation of the reality. In other words, we don't see the world how it is, but how we were conditioned to see it. Our perception is only an approximation of reality. Our maps of reality determine the way we act more than reality itself. Each **one of us sees the world through the lenses of their own beliefs**. Does this sound like hocus-pocus to you? It did to me too until I studied two semesters of Psychology at my High School and learned about the **Placebo Effect, The Pygmalion Effect, and Self-Fulfilling prophecies**. Studies on these subjects out there show how powerful our thoughts and beliefs really are! But what is a belief? It's the conscious and unconscious information that we accept as true. Robert Dilts defines beliefs as judgments and assessments about ourselves, others, and the world around us. A belief is a habitual thought pattern. Once a person believes something is true (whether it's true or not) he or she acts as if it were - collecting facts to prove the belief even if it's false.

Beliefs are like a self-fulfilling prophecy. They work like this: **your beliefs influence your emotions, your emotions influence your actions and your actions influence your RESULTS!** Depending on your belief-system you live your life one way or another.

I want you to realize that life doesn't just happen to you! It's a reflection of your beliefs, thoughts, and expectations. If you want to change your life you have to first change your patterns of thinking.