6 Habits to Set Your Sails for Success!

You're busy.

You already have a full life.

How are you supposed to find the time to learn homeopathy?

Speaking from experience, I assure you it can be done.

How? Well, I learned there are at least six things successful people do differently than everyone else. If you incorporate them into your life, these habits will catapult you above the mediocre majority.

I acquired these habits early in my life. Unfortunately, I didn't have them in high school, which is why I floundered there. But when I was in college, I got the hang of them and

have learned to count on them ever since.

These habits gave me a leg up – a distinct advantage when life seemed to turn against me. They became so well established in my routine that whenever I was sick, depressed, or overwhelmed, they gave me the comfort and steady pace I needed.

They became akin to muscle memory. No thought was needed; I simply considered them the rules of my life.

If you develop these good habits, they'll help set your sails for when you feel aimless. However, most importantly, when they become your life's method, they'll turn you into an accomplishment machine! You'll be able to polish off in a few hours what it takes most people a day to complete.

This will leave you plenty of time to tackle other things – things that matter the most to you.

For me, it was learning homeopathy well enough to heal my family and myself. Eventually, my goal became knowing homeopathy well enough to practice it with confidence and teach it worldwide.

On the side, I also played the piano (not well, but enough to give me satisfaction), studied classical music (on my own) and even some opera (my true love).

The efficiency I gained from these habits offered me time to prepare daily meals from scratch and later, write my blog, author both columns and books, produce homeopathy courses, raise my children, homeschool and sustain a happy marriage. Mind you, this is a description of my time over many the years, not one day!

I want to inspire you with what has worked for me.

You may have your own ways, but here are my best six habits. They have served me well for 50 years, but you must decide

which to incorporate into your daily life. (And yes, I said daily).

I do promise you that utilizing these strategies to run an organized, efficient household will make your days hum much smoother and push you ahead of the crowd. If you're suffering from ill health, adjust the following to what you can take on:

1. Get up early and get started.
It's really true. The most effective people get up before everyone else. A jump on the day establishes everything that follows. All the rest falls into place when you get your work started super early.
However; it should go without saying: you must get to bed on time. One without the other doesn't work. So, this habit starts the night before.

2. Before bed, look at what needs to be done the next day and prioritize.
This doesn't mean you need to write it down, but that helps … a lot.

3. Delegate, delegate, delegate!
Get an assistant. This may mean delegating chores to your children (chores they can do to lighten your load), or it might mean hiring someone to come in a few days a week as an extra set of hands.

When my mother was younger, she was by my side, helping me with the household and kids. When she wasn't able to help, I hired teenage girls to come in daily for a few hours.
Don't think of this as extravagant! Teenage girls need not be paid an adult's wage. Arrange for them to come to your home daily, allowing you to study your homeopathy or take on whatever else it is that lights your fire. Use this time to focus on those things you do best or will give you the most value for your future self.

4. Curate your guts, spunk, and moxie.
Push ahead even when you're apprehensive. No excuses, or you'll stifle yourself. There's always an alternative to any obstacle, so if you find a roadblock, blow a hole in it and push forward!

In case you need a word for this, it's called drive. If you have it naturally, take advantage of it every minute of every day. If you don't naturally possess it, develop it. It will be your best resource.

5. Work smarter, not harder.
Combine tasks! If your goal is to learn how to treat the next batch of fevers and ear infections in your family, consider reading your lessons aloud to your children. Use your education as a teaching moment for them.

Even the young ones can learn. They need to know this stuff every bit as much as you do, so bring your studies into their arena. As a bonus, you'll actually learn faster by teaching them while you learn.

6. Don't waste a minute. It won't ever come back.
From the time he was a young man, my father was a professional trumpet player. When I was in high school, he decided to learn to play the flute, too! He had a small business and a family to raise, so he didn't have hours and hours to practice. Instead, he made every minute count. Once, when he picked me up from school, I discovered exactly how he did it.

He kept his flute nestled beside him in the car. At every red light, he'd pick it up and play a couple of scales. First in major, then in minor. If the red light was extra-long, he'd play the corresponding arpeggios. Indeed, he made every minute count, and it wasn't long before he was playing the flute in professional big bands and symphonies.

All of these habits can be performed at home and everywhere

else.

Each element of this can be done with your children at your side. When a child requires more of your time, be flexible and don't feel resentful. Instead, embrace it. Learn something from it.

Life is not only about knowledge but about wisdom, as well. Those moments of diversion, stalls, or setbacks are often an opportunity to gain wisdom, depth and perspective.

Pass on the good news of homeopathy … as well the six habits that helped set your sails!

Warmly,

P.S. Make it a habit to my Facebook Live events on Monday nights at 8 PM Eastern, as I discuss various remedies contained in my *materia medica.* Hope to see you there! If you can't make it live, my Facebook Live videos are posted later on Instagram and archived on YouTube as well (where some are even dubbed in Spanish)!