# 21 THINGS WEALTHY PEOPLE DO EVERY SINGLE DAY

Meiko S. Patton

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## Set Good Daily Habits

Did you know:
-70% of Wealthy People eat less than 300 junk food calories per day
- 97% of Non-Wealthy eat more than 300 junk food calories per day

### Regularly Create Goals

- Did you know:
- 80% of Wealthy people are focused on accomplishing a single goal
- 12% of Non-Wealthy do this

### Engage in Self-Improvement

- Did you know:
- 63% of Wealthy people listen to audio books during their commute to work
- 5% of Non-Wealthy do this

## Regular Care for Personal Health

- Did you know:
- 76% of Wealthy people exercise aerobically at least 4 days a week
- 23% of Non-Wealthy people do this

## Make Time for Relationship Building

- Did you know:
- 80% of Wealthy people make “thinking of you” calls
- 11% of Non-Wealthy people do this

**Do Things in Moderation**

- Did you know:
- 67% of Wealthy people watch one hour or less of TV
- 23% of Non-Wealthy do this
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**Get Things Done**

- Did you know:
- 44% of Wealthy people wake up 3 hours before their workday starts
- 3% of Non-Wealthy do this

**Keep a Positive Outlook**

- Did you know:
- 88% of Wealthy people read 30 minutes or more each day for education and career reasons
- 2% of Non-Wealthy do this

**Regularly Save Money**

- Did you know:
- 94% of Wealthy people set aside 10 to 20 percent of their gross income in a savings, investment or retirement plan.
- 5% of Non-Wealthy do this

**Reject Self-limiting Thoughts**

- Did you know:
- 84% of Wealthy people believe good habits create opportunity
- 4% of Non-Wealthy believe this

**Live Within Their Means**

- Did you know:
- 92% of Wealthy people rely on only one credit card
- 77% of Non-Wealthy rely on multiple credit cards

**Read Daily**

- Did you know:
- 86% of Wealthy people love to read
- 26% of Non-Wealthy love this

**Limit TV Watching**

- Did you know:
- 6% of Wealthy people watch reality TV
- 78% of Non-Wealthy do this

**Doing More Than Required**

- Did you know:
- Wealthy people go above and beyond the call of duty at work
- Non-wealthy do the bare minimum

**Talking Less, Listening More**

- Did you know:
- Wealthy people listen more than they talk
- Non-wealthy do the opposite

**Not Giving Up**

- Did you know:
- 81% of Wealthy people maintain To-Do lists
- 19% of Non-Wealthy do this

**Spending Time with Like-Minded Ones**

- Did you know:
- 79% of Wealthy people network 5 hours or more each month
- 16% of Non-Wealthy do this

**Finding a Mentor**

- Did you know:
- 93% of Wealthy people have or had a mentor
- Most Non-Wealthy do not have have one

**Knowing Your Why**

- Did you know:

– When you know why you are doing something, you get where you want to go quicker. Having a definite purpose is essential to success.

**Not Giving Fear the Upper Hand**

– Did you know:

– Everyone has fears.

– Wealthy people don't allow their fears to limit or define them.

– Fear keeps you in the same position and it stunts your growth.

– Overcome fear by doing the thing that scares you.

**Upgrading Skills**

– Did you know:

– 74% of Wealthy teach good daily success habits to their children

– 1% of Non-Wealthy do this

– F.O.C.U.S = Follow One Course Until Success

– Continue to add value to yourself by regularly upgrading your skills

**Bonus: Time vs. Money**

- Did you know:
- The Non-Wealthy invest time to save money
- The Wealthy invest money to save time

**Thank You**

- Information compiled from Tom Corley. www.richhabits.net
- Check out this article I wrote: https://www.entrepreneur.com/article/292787
- For more online training and free info go to: www.meikopatton.com

## RESOURCES:

- **FREE MANYCHAT COURSE: https://bit.ly/manychat-free-course**
- **LEARN FROM MATT: https://bit.ly/freebotbuilder**
- **LEARN FROM NATASHA: https://bit.ly/boteducation**
- **CHATBOT VIRTUAL SUMMIT: https://bit.ly/chatbotvirtualsummit**
- **FREE PODCAST: https://pod.link/themeikoshow**
- **FREE COURSE: NEVER PAY FOR ADS: https://bit.ly/neverpayforads**
- **FREE WEBINAR: EARN UP TO $2,500 SHARING VIDEOS: https://bit.ly/sharingfreevideos**
- **FREE FUNNEL BUILDER: https://bit.ly/groovepagesnow**
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