

WEALTH BUILDING HABITS



HOW TO CREATE WEALTH
THROUGH SUCCESSFUL HABITS

RESOURCE CHEAT SHEET

Wealth Building Habits Resource List

<http://www.npr.org/2012/03/05/147192599/habits-how-they-form-and-how-to-break-them> – This NPR.org article shows how habits form and how to break them; includes more information on the three-step “habit loop” process.

<https://www.sciencedaily.com/releases/2016/05/160526185419.htm> – This ScienceDaily article shows how the brain makes and breaks a habit; includes a study on how researchers studied mice to determine what happens in the brain for habits to control one’s behavior.

<http://www.veronicalim.com/the-dos-and-donts-to-adopting-healthy-habits/> - This article by Veronica Lim, the UK’s first Functional Medicine Certified Health Coach, shows what you should and should not do to adopt healthy habits.

<https://www.cnbc.com/2016/12/21/11-simple-money-habits-that-will-help-you-build-wealth-in-2017.html> – This CNBC article shows you 11 simple money habits that can help you build wealth (not just in 2017, but beyond as well); such tips include automating your finances and taking 30 minutes out of your day to read, as most rich people do.

<https://www.learnvest.com/2014/05/money-habits> – This LearnVest article gives you 9 money habits to help build your wealth; such habits include reversing your thinking by saving for your financial goals first, paying your bills, then potentially spending anything that is left over.

<https://www.cheatsheet.com/personal-finance/building-wealth-7-financial-habits-to-make-you-rich.html/?a=viewall> – This Money and Career Cheatsheet article shows you 7 financial habits that can increase your wealth, including setting big goals for yourself and haggling to avoid paying full price for most items.

<http://www.topmoneyhabits.com/make-money/3-money-habits-to-build-wealth/> -

This Top Money Habits article gives you three money-building habits to build your net worth, including reading more (as 67% of rich people watched less than one hour of television per day).

<http://www.businessinsider.com/how-long-does-it-take-for-habits-to-build-wealth-2017-8> – This Business Insider article has information from 233 wealthy

individuals (including 177 self-made millionaires); it includes information on the average time it took using some of the more impactful habits (such as living below their means and daily growth) to increase their wealth.

<http://www.success.com/article/16-rich-habits> – This Success article shows you 16 habits to help increase your wealth, including living within your means and recommended percentages of your monthly net pay you should spend on specific items.

<http://www.redeemingriches.com/2010/10/07/rich-people-build-wealth/> - This Redeeming Riches article shows you the 7 most important habits that rich people use to build wealth, including seeing your car as a liability, NOT an asset, as you always have to pay on it for insurance and maintenance, plus it depreciates in value, etc.

<http://www.bankrate.com/finance/investing/financial-habits-of-wealthy.aspx> –

This Bankrate article reveals some of the habits of the financially wealthy to help you build your own wealth, including ignoring the Joneses and not getting caught up in the competition to compete with them.

<https://www.forbes.com/sites/financialfinesse/2012/11/15/eight-ways-to-build-wealth-like-millionaires-do-make-it-a-game/#4390c5014112> – This Forbes article

shows you 8 ways on how to build wealth like the millionaires do, including making it into a game to see how much you can save and build wealth.

<http://money.cnn.com/popups/2006/fortune/buildwealth/index.html> – This CNN Money article shows you the 10 rules of building wealth, including starting to save and invest as early as possible, as compound interest will help it to grow substantially.

<https://www.fool.com/investing/general/2014/05/11/warren-buffetts-simple-wealth-building-strategy.aspx> – This Motley Fool article tells you of how noted investor and billionaire Warren Buffett built his wealth- using common sense.