

**FREE** SUCCESS SYSTEM OF THE  
EMPOWERED MILLIONAIRE INSTITUTE

**DAY  
60**



# '90 DAY CHARGE'

(NOVEMBER 29 - S3 MODULE 21)



BASED ON THE  
'MVP'  
MILLIONAIRE  
VALUE PACK

CONCEIVED AND DEVELOPED BY JAMES LEE VALENTINE  
ESPECIALLY FOR YOU AT Great Personal Expense

*(90 DAY CHARGE – ABRIDGED VERSION)*  
S3 EMPOWERED MILLIONAIRE COACHING  
POWERIZER WORKBOOK

MODULE 5.1  
MILLIONAIRE DISCIPLINES

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# MODULE 5.1

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## MILLIONAIRE DISCIPLINES

*“Some people regard discipline as a chore.  
For me, it is a kind of order that sets me free to fly.”*

JULIE ANDREWS

Success is neither magical nor mysterious. Rather, it is the natural consequence of consistently applying the fundamental principles of success — such as habitually performing winning disciplines. To better understand why winning disciplines are such a potent weapon in the accomplishment arsenal, let’s begin with the Empowered Millionaire’s Formula for Success and Failure as detailed in the *S1* and *S2 Empowered Millionaire* courses. This is because to fully comprehend what it takes to be successful, we should first know the Formula for Success. Likewise, to avoid failure, we must know its formula too, so that we can recognize those seemingly innocuous behaviors that are detrimental to the successful outcomes we seek.

The Empowered Millionaire’s Formula For Success:

*A few basic winning disciplines performed every day.*

This Formula for Success will now be divided into its individual elements and each set of words will be looked at in turn. ‘A few basic’ means those rudimentary things done that seem innocent enough singularly, but have tremendous long-term impact when habitually performed. While ‘winning disciplines’ are constructive, empowering behaviors, as opposed to destructive habits, that have the power to revolutionize one’s life. And ‘performed every day’ means they are done *every day*, not just once in a while or seldom at all.

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Good examples of basic winning disciplines that can be performed every day leading an individual to ultimate financial empowerment or success — for whatever ‘success’ means to this person — can include: an aerobic workout with a series of stretching and deep breathing exercises; yoga or meditation; adhering to a program of healthy nutrition, such as drinking pure carrot juice and mineral water for breakfast or having a ten-fruit smoothie instead of lunch; listening to personal improvement audio programs; reading inspiring literature for thirty minutes on a daily basis; being punctual for all appointments; doing at least one deed every day that improves our world and benefits other people; and following a daily plan of achievement principles — or *Action Powerizers* — such as those advocated in this book.

The following saying is universally so well known that almost everyone knows it: *An apple a day keeps the doctor away*. Here’s an intriguing question: What if this is true, and eating an apple a day does indeed keep us healthier? Sounds easy to accomplish doesn’t it, just eating one apple a day, so why do most people not follow such simple advice? The saying doesn’t mention smoking a packet of cigarettes a day, does it? We have to be smarter than this as it relates to the habits concerning our own life and we start building our own empowering philosophy to live by. If we perform such basic winning disciplines as eating an apple every day, these will lead us on the right path to attaining the positive results we desire.

The Empowered Millionaire’s Formula For Failure:

*A few simple errors of judgment repeated every day.*

Maybe the person is healthy now, so they don’t bother eating an apple a day because they think it won’t make any difference. Perhaps today it won’t, but over a lifetime it will. I shall look back down my own road of life and see what simple errors of judgment I have been making — and are continuing to make. What will these errors in my present philosophy cost me over the greater period of my lifetime?

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The financial cost, the cost to my health, the relationship cost and the cost in terms of success. I shall ask if there are any simple errors of judgment taking place in my life at present that can be likened to an apple verses a packet of cigarettes a day? If we make these kinds of simple errors of judgment every day of our life, they will accumulate into eventual adversity or misfortune.

Now, let's dissect the Formula for Failure. Similar to the Success Formula, 'A few simple' means those rudimentary things we do that seem innocent enough singularly. However, please note 'errors of judgment' are destructive, disempowering habits, large or small, no matter how seemingly inconsequential, that are highly noxious to our success endeavors. And 'repeated every day' means doing them *every day*, though some errors of judgment are so poisonous that just doing them occasionally will still lead to eventual failure — 'failure' being the term for a non-desirable outcome.

Illustrations of simple errors of judgment, which will ease a person down the slippery slope to eventual misery, can include: being callous in our attitude toward others; smoking cigarettes; being late for work; eating foods saturated in fat; displaying an apathetic career approach; spending hours watching television; spending considerable amounts of time reading newspapers; and, with choosing to *not* do a variety of empowering behaviors also being a simple error of judgment, not exercising, not eating fresh fruits, not reading inspiring books and not spending time on self-improvement every day. These are simple errors of judgment, all of which have serious negative consequences, that will not produce the desired result.

Using this as our analogy, if today we decide to eat an apple instead of smoking the cigarettes, we have begun the process of positively revolutionizing our life. For me, I must commit to this routine of performing a few basic winning disciplines *every day* with my money habits, my health habits, my work habits, my relationship habits and every other habit I have. I must eliminate the simple errors in my life by replacing them with empowering *Millionaire Disciplines*.

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## *Millionaire Disciplines*

There are four parts to successfully adhering with an empowering regimen of winning disciplines — what we will now term *Millionaire Disciplines* — that can lead to positive life transformation:

### 1. Clearly Outline The *Millionaire Discipline*

Clarity is power! I must be crystal clear on the exact nature of my objective. What is the precise *Millionaire Discipline* that I desire to see as a pillar of my life's structure within the next thirty days?

*This is the MILLIONAIRE DISCIPLINE that I will develop during the next one month that will drive me toward maximum success:*



Every day performing one day's exercises for the 7-week

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### 2. Writing The Rewards & Benefits That Will Result

To stick with any new regimen, I must know what the advantages are for me. Therefore I must write several rewards and benefits that will occur as a result of my committing to this discipline.

*These are the rewards and benefits that I will attract into my life as a result of developing this new MILLIONAIRE DISCIPLINE:*



My life will henceforth be designed for maximum success

I will now be focused on my life's major objectives

All areas of my life will improve

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### 3. Determine What Specific Actions To Take

Nothing happens in this world until *action* is taken. Therefore, for me to have this new discipline as an integral part of my life from this day forth, I must list specific actions that I will perform on a consistent daily basis.

*To develop this new MILLIONAIRE DISCIPLINE as an integral part of my life, these are the actions I am committed to performing:*



Purchase the *S3: Empowered Millionaire Coaching* program

Download and perform each day's exercise

Arrange 30 minutes daily to perform each day's exercise

### 4. Decide Upon A Date Of Commencement

The more precise my intention, the easier to manifest. Therefore, as well as being specific in the nature of the objective and the rewards and actions, the date of commencement must also be specified.

*I am committed to starting my new MILLIONAIRE DISCIPLINE on this date and persisting with it every day thereafter:*



Today – September 14<sup>th</sup>

I must acknowledge the fact that what I *get* by having the new *Millionaire Discipline* as an integral part of my life is not nearly so important as what I will *become* by attaining this objective. Because it is by committing to something worthwhile and seeing it through to completion that we grow the most.

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WHAT ARE MY MILLIONAIRE DISCIPLINES?

- *Maximum success is the result of performing empowering MILLIONAIRE DISCIPLINES on a regular daily basis.*

*This is the MILLIONAIRE DISCIPLINE that I will develop during the next one month that will drive me toward maximum success:*



Exercising every day — Jogging and lifting weights

*These are the rewards and benefits that I will attract into my life as a result of developing this new MILLIONAIRE DISCIPLINE:*



I will feel more energetic

I will be slimmer causing me to feel more attractive

My levels of self-confidence will be substantially higher

*To develop this new MILLIONAIRE DISCIPLINE as an integral part of my life, these are the actions I am committed to performing:*



Waking one hour earlier to perform my exercise regimen

Buying good looking exercise clothing & jogging shoes

Committing to exercise EVERY DAY no matter rain or shine

*I am committed to starting my new MILLIONAIRE DISCIPLINE on this date and persisting with it every day thereafter:*



Tomorrow — September 15<sup>th</sup>

*It's Day 60 . . . I'm empowered for life!*



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