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# Never Break Another Habit

A Special Report

*By*  
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## Never Break Another Habit

**G**ot a habit you'd like to break? Smoking? Overeating? Drinking? Complaining? Whatever you're battling, I've got some good news: it's impossible to "break" a habit.

Now you're probably thinking, "Hey, Burke, what kind of good news is that?" Or maybe, "If you've got more good news like that, keep it to yourself."

But hear me out.

Every habit starts out as an effort to accomplish something positive.

Biting your nails? It usually begins as a way to distract yourself from feelings of nervousness.

Drinking? Gambling? Sex? Overeating? Those get a foothold in your life when you're looking for something to make you feel good. Chronic complaining may be a way to regain a little power.

So the most effective way to deal with a habit is to treat it as a living (or semi-living) entity that has your best interests at heart.

Once a habit is born, it's not going to just lie down and quit doing its job. Oh no, that habit is there to guard you and improve your life – even if it kills you. (I never said a habit is smart, just alive.)

Napoleon Hill wrote, "In every adversity there is the seed of an equivalent or greater advantage."

That's even true for a habit you'd like to be rid of.

And it's simple to do if you'll just create a new habit and piggyback it on top of the original habit.

I watched my father quit smoking when he was 43 years old.

After smoking for nearly 30 years, he had a coughing fit one day that turned him purple, staggered him sagging and breathless against a wall, and left him barely conscious.

That afternoon he quietly decided that he was through smoking forever.

All his friends laughed, of course. He'd been a 3-4 pack a day man for as long as they'd known him.

But he did quit. Then and there.

Months later, I overheard him explain how he did it.

First, he *wanted* to do it... he was motivated. Once he had that, all he needed was a method. A technique.

He kept the cigarettes right there in the same shirt pocket. We wanted to be able to reach for those smokes just like always. So he kept them where he knew they would trigger his habit.

But then – and this is where it gets interesting – as soon as he caught himself pulling out the pack and tapping out a cigarette, he inserted a new habit to piggyback on the old one. With the unlit cigarette in his hand, he'd walk to a trash can and shred the tobacco between his fingers and throw it away.

Then he'd slip the pack back into his shirt pocket.

He could always pull out a second one and smoke it if he wanted to, but at that point he had a choice. That second one wasn't a habit – only the first one was.

He continued to “use” 3-4 packs a day for a couple of days, but gradually that new, piggybacked habit began to go on automatic. He'd get the urge to smoke, reach

for the pack, and then, before pulling it out, he was already rubbing his fingers together, as though shredding the cigarette.

Over the next two weeks, I watched my father become a non-smoker, simply by using his first habit and adding onto it, rather than fighting against it.

Does this give you any ideas for your own habits?

Do you find yourself pulling food out of the refrigerator or pantry before you're even aware of it?

Why not pull those silly pictures off the fridge door – you know, the ones that are supposed to make you feel guilty? Instead, keep a large supply of something that will fill you up. Don't stop cramming those chocolates into your mouth. Just make a deal with yourself: you can still have all the candy you usually eat, but first, you'll eat a raw carrot *before* you scarf down the candy, the bucket of fried chicken and the two pizzas.

You're not taking anything away from yourself. You're actually adding new choices.

It's a way to buy yourself time. If you can stop and come back down from automatic for a minute or two, it'll give you a choice regarding what you're doing.

If it's addiction to sex, make a deal with yourself that when you walk over and introduce yourself to that next gorgeous person, you'll first do something totally different. Maybe you'll call your spouse and tell him/her that you love them. Or maybe you'll ask that blond if they'd like to come home and meet your wife/husband. A simple thing really. Just to interrupt the usual automatic flow.

Gambling? Alcohol? Both GA and AA have excellent programs based on admitting you've got a problem, and then building from there.

Whatever the problem, you can change it by using it as a foundation stone.

Maybe it's complaining. Each time you catch yourself griping or whining, you might stop and insert a positive statement on the subject: "The boss is such an utter ass ... but of course, he was also smart enough to hire me."

Is it a constant lack of money?

Some of the most highly motivated business people I've ever seen were once destitute. And now they use their former lack as a driving force to keep them moving.

They don't deny what they've been through, but at the same time, they don't let those experiences be the only definition of who they are. They take whatever block they stumble over, and they climb up on it and keep going.

So instead of trying to break that habit you have, just figure out a way to use it.

Build on that "problem" and incorporate it as the first foundation stone of a totally new strength.

Try it today. Start looking for ways to put your energies into building instead of breaking. You and your habits will be happier for it.

Cheers from warm and smiling Thailand,

Charles Burke

Your Gentle Kick-in-the-Butt Coach

## Workshops:

# Rocket-Write™ Your First Book (or Next One) in Record Time

If you've read my *Makin' Book*, you already know the quick, smart way to get your ebook written, posted online and selling – and do it all FAST! (You'll find it at [www.MakinBook.com](http://www.MakinBook.com))

In this ebook I've given you the complete plan, without holding anything back. And I didn't load you down under too many details. You got exactly the how-to information you need, plus a healthy dose of inspiration and motivation.

Of course, a large part of inspiration is realizing that, not only is something possible, but that it is possible for *you*.

Inspiration, however, is a highly individual thing. And some people, no matter how inspired they are, may still need a little jump-start to help them get up to speed. Some short-term mentoring or coaching. That's normal.

If you're now thinking of writing your own book, you may feel *almost* ready to move forward, but need just a bit of help during your first few steps. If this is you, here's good news. I've put together an action-based coaching class to help you move forward more confidently.

### Coaching Class One:

#### 6 Week "Rocket-Write™ Your eBook" Coaching Class

This class will take you deeper into the writing process than this book could. I'll take you by the hand and lead you through the entire book-planning and writing process. This 6-week program will give you direct, hands-on experience in producing a complete outline, then writing your entire book using my Rocket-Write™ System.

I'll be there throughout the entire 6 weeks to answer your questions as soon as they arise. This can reduce the uncertainty that most people feel when tackling something they've never done before.

When you've completed this class you'll have:

- **A vivid description and understanding of your target reader**  
(you'll know your reader as well as you know your best friend)
- **A clear grasp of what your readers are starving for**  
(you'll know them and understand exactly what they crave more of)
- **A long list of benefits your reader will gain from your ebook**  
(this will form the foundation of your sales page)
- **A powerful book title and subtitle**  
(they'll grab your reader's attention and won't let go)
- **A complete outline for your ebook**  
(so you'll never get lost, or stall midway through the writing process)
- **Your ebook completely written**  
(The point of this entire program – a completed, Rocket-Written™ ebook)

Average time commitment required for a student over the course of the 6 weeks will be about 10 to 12 hours per week. This is about equivalent to working a part time job (but with more potential for advancement). If you are unable to commit to this, then your results will suffer, and it would be better to wait until you have the time and energy available to take this class.

Each week, students will receive a written lesson containing that week's assignment.

Also each week, there will be a group phone call. This will give each student an opportunity to ask questions and share experiences. Although attendance at these calls is not required, most students consider them helpful because they serve as masterminding opportunities, where other students may have the answer to the issue you've been facing.

Each day, a student can email me up to 3 questions – that's as many as 42 personal emails (and over 125 questions) during the course of this class.

I also give you an iron-clad personal guarantee. If you get two weeks into the class and decide it's just not for you, simply drop me an email, and I'll refund your money instantly. And cheerfully. Guaranteed. Already know you want in? [Drop me a note](#) and tell me! Let's get you started on Rocket-Writing™ your book right away!

- **Check class availability** and dates at the [CharlesBurke.com](http://CharlesBurke.com) website.

## **Additional Coaching Classes:**

### **Which of these classes is right for you?**

#### **Coaching Class Two:**

##### **6-Week ‘Build Your Website FAST’ Coaching Class**

You’ve written your ebook. Now you need a place to showcase it. This coaching class will enable you to build a good-looking website, including sales page, download page, and other support pages as needed.

#### **Coaching Class Three:**

##### **6-Week “Launch & Sell Your eBook”**

With a completed ebook and a strong sales page, you still need to drive large numbers of qualified buyers to your website. In this coaching class, you’ll learn simple ways to attract hoards of visitors to your site.

#### **Coaching Class Four:**

##### **26-Week “Mindset Makeover for Business Owners”**

Mindset is the master key to success. Without a strong success mindset, we can make all the right moves and still come up short.

And the biggest difficulty with changing mindset is that it’s mostly out of sight. We have a hard time recognizing which attitudes and beliefs are the ones holding us back. For that reason it generally takes longer to get mindset adjusted and pointed in the right direction.

In most cases a short class only gets you started, then leaves you hanging halfway to your mindset goals. Unlike shorter classes, this one carries you well past the “easy backsliding” stage, and deep into firmly established new mindset and thinking skills.

- **Check class availability** and dates at the [CharlesBurke.com](http://CharlesBurke.com) website.

## More Suggestions for Success in Your Life and Your Career

- Luck is the word everybody uses when they have no control over their life. Successful people seldom believe in luck, or fate, or destiny. They know there's something far better. [Click here for the secrets to Command More Luck](#)
- Tired of having your mind polluted by the random negative conversations all around you? Now take the initiative. It's easy to stay positive when you saturate your mind with the [Words Winners Use](#)
- Many entrepreneurs have a hard time getting the Law of Attraction to work for their business. If this is you, see [The Business Owner's Quantum Cash Pump](#)
- Some people see opportunities all around them, while others stumble through the same landscape and see only difficulties, roadblocks and lack. It's not your fault if nobody ever taught you how to "See Rich," but now is the time to discover your own [Acres of Opportunities](#)

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