

BECOMING A BILLIONAIRE



Bc. Jakub Bateř

BECOMING A BILLIONAIRE



BY FOLLOWING
BILLIONAIRE HABITS

Bc. Jakub Bateř

HABITS THAT I WAS

FOLLOWING

REVIEW OF THE HABITS

WAKING UP AT 7 AM (EARLY)



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



**When you wake up early in the morning
and sit on your bed like...**



COLD SHOWERS



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY

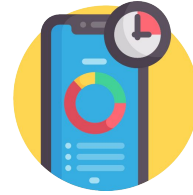


**THEY TOLD ME A COLD SHOWER WOULD
BE GOOD FOR ME**



LOOK AT ME!

TRACKING TIME SPENT ON MOBILE



EFFECTIVENESS



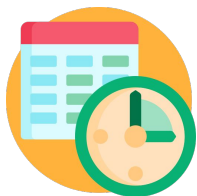
REQUIRED WILL POWER



MAINTAINABILITY



PLANNING WHOLE DAY



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY





WORKOUT



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



Me trying to workout at home
with no workout equipment



BEING CREATIVE FOR 30 MIN A DAY



EFFECTIVENESS



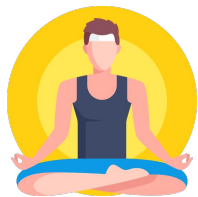
REQUIRED WILL POWER



MAINTAINABILITY



MEDITATION



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



COME ON INNER PEACE



I DON'T HAVE ALL DAY

MORNING STRETCH



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



EATING HEALTHY



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



When you were super motivated
starting your diet this morning but by
the time you get lunch you regret
your whole life



WALKING OUTSIDE FOR 30 MIN A DAY



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



WRITING GRATITUDE JOURNAL



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



READING BOOK 30 MIN A DAY



EFFECTIVENESS



REQUIRED WILL POWER



MAINTAINABILITY



APPS THAT HELPED ME

ALONG THE WAY



Habits



FRI 26 SAT 27 SUN 28 MON 29 TUE 30 WED 1 THU 2 FRI 3 SAT 4 SUN 5

Morning cold shower 🧊 ✕ ✕ ✕ ✕ ✓ ✓ ✕ ✕ ✕ ✓

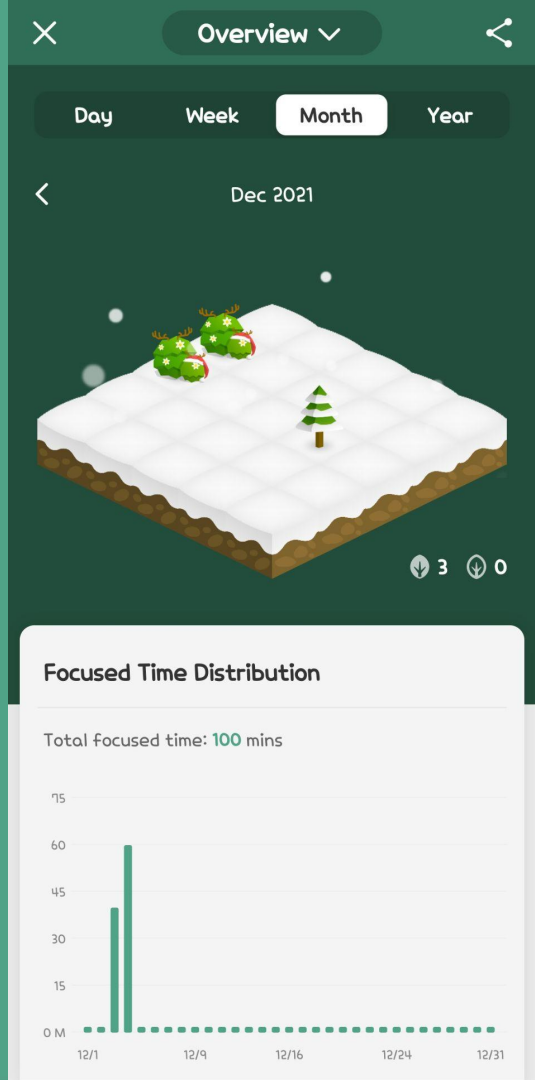
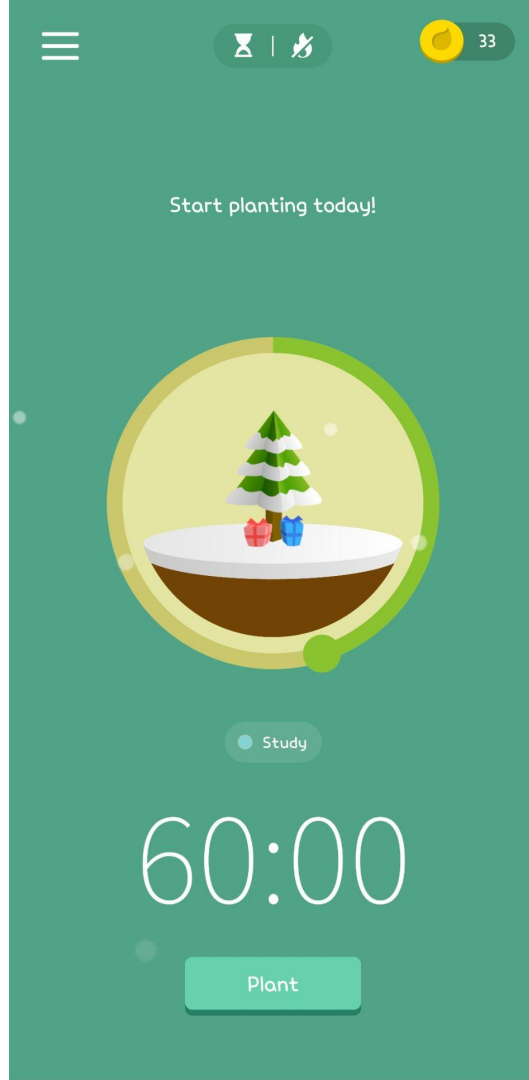
Morning yoga 🧘 ✕ ✕ ✕ ✕ ✓ ✓ ✕ ✕ ✕ ✓

Go for a walk 🚶 ✕ ✕ ✕ ✕ ✓ ✕ ✕ ✕ ✕ ✕

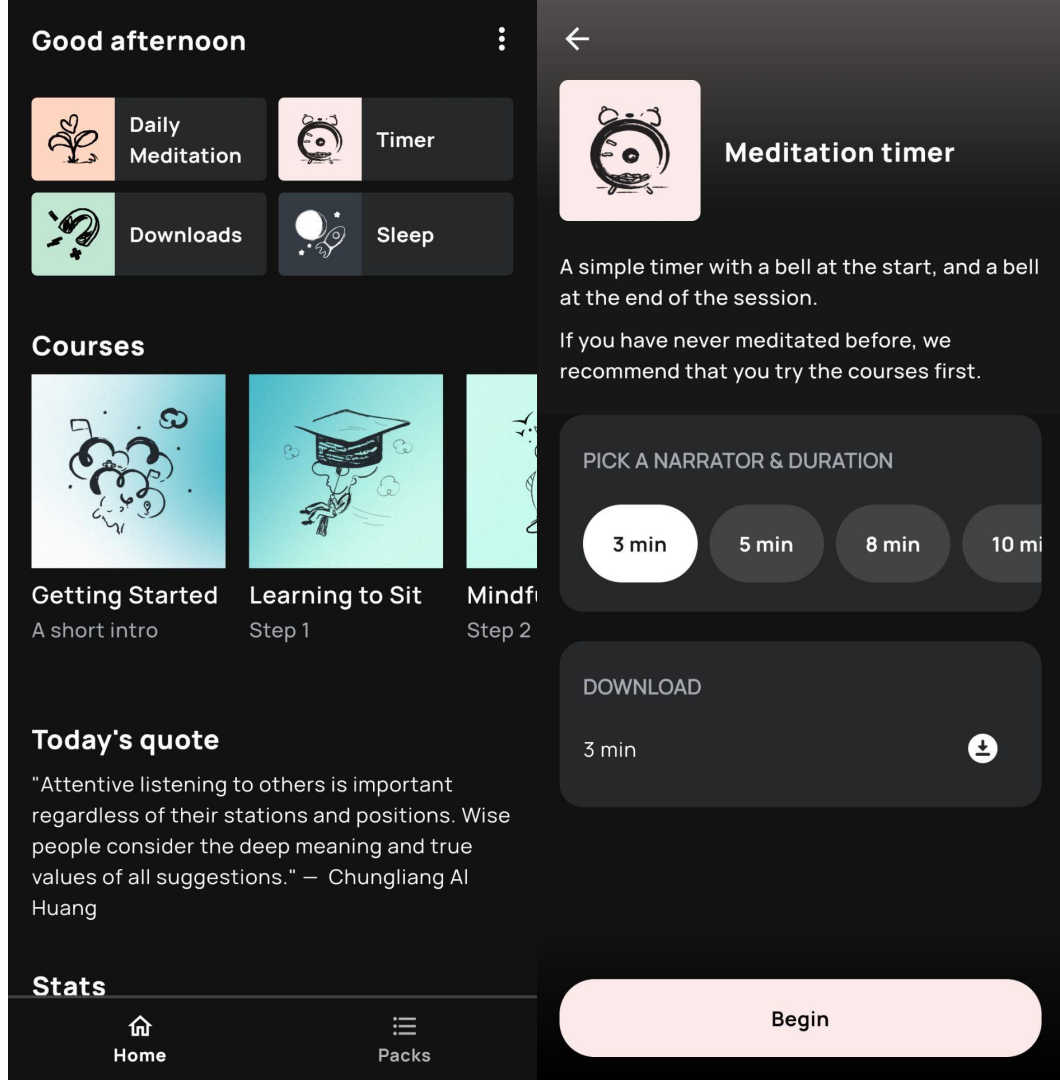
Be creative 💡 ✕ ✕ ✕ ✕ ✓ ✓ ✓ ✓ ✓ ✓

... ✕ ✕ ✕ ✕ ✕ ✕ ✕ ✕ ✕ ✕

FOREST - FOCUS ASSISTANT



MEDITO



FOCUS
T25
ALPHA
FOCUS
T25
BETA
FOCUS
T25
GAMMA



FOCUS
T25TM

GET IT DONE
IN 25 MINUTES A DAY



ONE DOES NOT SIMPLY

12

START ~~10~~ NEW HABITS AT ONCE

THANK YOU FOR YOUR ATTENTION