

Read an Excerpt

From

Chapter 12

Step 6: DEFEATING TOXIC HABITS, CHOICES, PEOPLE, AND RELATIONSHIPS

“Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones.”

— Benjamin Franklin

Some of you may have been reading enthusiastically to make it to this chapter, and some may have actually started reading this chapter first. Why? Because the title of this chapter carries a close connection to the subtitle of this guide: *A Practical Guide to Freeing Yourself From Toxic Habits, Choices, People, and Relationships*. You may also have an immediate need to find a sound practical strategy to guide you through untying a toxic knot in a key area of your life that has become out of control. However you arrived at this chapter, I want you to know that all 18 chapters of this guide were written to have equal importance in the “untie the knots” process.

Before you begin to immerse yourself in the substance, guidance, and potential life-changing value of this chapter, allow me to inform you of two important points:

1. What my ultimate goal is for this chapter.

My ultimate goal for this chapter is a) to increase your awareness as it pertains to the effects toxic knots have on the quality of your life; and b) to provide you with real-life scenarios and guidance that will help you better identify, control, and defeat the toxic habits, choices, people, and relationships that are hindering you and suffocating your life.

2. Where you can find more “detailed” information, strategies and resources to assist you in slowing, controlling, blocking, and defeating toxic habits, choices, people, and relationships.

As stated in “Chapter 7, Step 1: Identifying and Untying Your Knots,” there is an Appendix in the back of this book that shares the following information:

- i. Appendix A is a detailed list of 50 Common Toxic Knots. Each term has a definition, causes and effects of each toxic knot, and three to ten practical strategies to successfully untie each knot.
- ii. Appendix B is a list of organizations and resources you may call for additional professional help and guidance during your “untie the knots” journey toward a life of better health, balance, harmony, significance, potential, and prosperity.
- iii. Appendix C is a list of suggested books to read for continual learning, growth, and development.

Now that I have made you aware of my ultimate goals for this chapter and informed you about where to find additional information, strategies, and resources, let's move ahead on your journey to continuous "untie the knots" success.

It's time to learn how to defeat Toxic Habits, Choices, People, and Relationships.

While serving ten years in the U.S. Navy on full-time active duty, I changed, grew, and obtained the necessary discipline I needed to improve and empower my life. The Navy taught me many lessons; it taught me responsibility, respect, and restraint. It also taught me how to set and accomplish goals. The Navy's rigid demand for discipline taught me in a ten-year span how to "Defeat Toxic Habits, Choices, People, and Relationships."

The many lessons I learned, practiced, and mastered while in the U.S. Navy turned my otherwise out of control life around, directing me toward a more desirable and prosperous future.

As I developed and matured in the Navy, I realized two powerful facts from my journey: 1) toxic choices and habits are both internally driven. Our toxic choices eventually become our toxic habits over time if they remain unattended to or untreated; and 2) toxic people and relationships are both externally driven. The toxic effects and emotions we experience in this case come from an outside contributor half of the time. The remaining half means that we are still responsible and accountable for what we allow to happen to and exist in our lives. Remember, people can only treat, and continue to treat you, the way you allow them to treat you.

Let's first look at Defeating Toxic Habits and Choices.

Defeating Toxic Habits and Choices

"Each year one vicious habit discarded, in time, might make the worst of us good."
— Benjamin Franklin

What is a Toxic Habit?

A "**toxic habit**" is a self-destructive behavior where the power of self-control and reason are diffused by a person's chaotic and reckless emotions; if this negative behavior continues, the person's mental and physical health will decline, opening them to chronic disease, mediocrity, helplessness, and failure.

What is a Toxic Choice?

A "**toxic choice**" is a negative decision that becomes a threat or hazard to one's life, character, self-esteem, self-image, self-respect, health, hopes, goals, potential, and dreams.

Based on the two definitions above, toxic habits and toxic choices chip away at the life you could be living right now. They stifle your potential to create and live a significant life. They hold you back from enjoying rewarding personal relationships. And they prevent you from looking and feeling GREAT!

Can you put a price on the opportunities and potential your toxic habits and choices are holding you back from?

Of course not! Because your goals and dreams are priceless!

Life is NOT a dress rehearsal—it's a live show! You owe it to yourself to offer your best possible performance. And to do this, you need to “identify and untie the knots that tie up your life.”

You must defeat your toxic habits and choices. Period.

Identify them...control them...defeat them...and manage your life so you have complete control over your future and well-being forever!

Short List of Toxic Habits and Toxic Choices

“What’s going on in the inside shows on the outside.”
— Earl Nightingale