

7 Habits of Wealthy Mindset People



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If we were all alike, we would all be living the exact same lifestyle. We would all be wealthy or not wealthy. What sets us all apart are the choices that we make and the habits we reinforce on a daily basis. There are habits that people who have a wealth mindset consistently practice, which impacts their income and overall lifestyle. If you are not where you want to be on the wealth ladder, here are some strategies you can incorporate into your day-to-day success journey. Although these may seem like a lot of habits to incorporate into your life, you will find that you will be able to implement them all without overdoing it.

If you feel as though you need more insight, there are recommended readings, at the end of this e-book that will help you stay focused and achieve the lifestyle you desire.

1. They're persistent.

While we generally think of persistence as more of a personality trait, it's certainly a habit that can be learned and practiced over time. When faced with adversity, wealthy individuals keep pushing through, knowing that success could be right around the corner.

They're persistent in all areas of their lives, not just when it comes to money-generating activities. According to Thomas Corley, author of [Rich Habits](#), persistence is evident in everything that wealthy individuals do:

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- 67 percent were cognizant of and careful about how they spent their time; for instance, TV watching was limited to less than one hour per day.
- 81 percent made a consistent effort to control their thoughts, feelings, and words.
- 80 percent had pursued a single goal for at least one year.
- 88 percent read at least 30 minutes every day in order to increase their knowledge.

2. They set attainable goals.

Whether we realize it or not, we're constantly setting goals for ourselves. Anytime we look to the future and think about what we'd like to have or do, we're essentially setting a goal for ourselves:

"I want to become one of the best in my industry."

"I need to increase my income to meet my financial obligations."

"I want to go on a luxury vacation every year."

The problem with these goals, of course, is that they aren't specific, and they aren't intentional. There is no "when", "specifically where", or "how much". Once some of the missing variables have been filled in, it is possible that the goals will still not be attainable in the immediate or distant future. For example, if the person has settled for a minimum wage job or they are accepting a fixed income that is less than the cost of these goals, it will take a while to achieve them.

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Wealthy individuals consistently set *specific, attainable goals*. These goals are realistic and have a specific plan of action list that would need to be carried out before the goals can be achieved. If you are having a challenge setting clear goals to determine if they are attainable, the workbook, [Breakthrough to the Success Zone](#) has charts, that once completed, will give you more clarity.

In order to determine if your goals are attainable, you must break them down into manageable tasks that you are willing and able to perform. Breaking the goals down will help you believe that you are capable of achieving them. As you work to complete the actions on your list, you will complete your goals and completed goals will move you forward toward realizing your bigger dreams. You will still need outside help and outside influences, but the right people have a way of finding the prepared and the persistent. In other words, having a dream is great, but you need to set up smaller, more manageable goals to achieve along the way.

3. They have a mentor and a coach.

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Having a mentor and/or a coach is very important. In fact, 93 percent of wealthy individuals had a mentor who guided them on their path to success. Also, they found a way to connect with a life coach who fit the path they were travelling. Finding a great mentor and a knowledgeable professional coach can be challenging, but the payoff can be huge. Condoleezza Rice, shared here opinion on finding a mentor, but also gives a warning: "Search for role models you can look up to and people who take an interest in your career. But here's an important warning: you don't have to have mentors who look like you. Had I been waiting for a black, female Soviet specialist mentor, I would still be waiting. Most of my mentors have been old white men, because they were the ones who dominated my field."

While a coach can help you stay accountable, establish profitable goals and help you recognize unacknowledged skills, mentors also provide a great deal of support, here are a few of the key ones:

- They help you avoid mistakes they themselves have already made.
- They inspire and motivate you to stay on task and keep working toward your goals.
- They connect you with people who can help you achieve your goals faster.

4. They are positive.

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Wealthy individuals are generally very upbeat and positive. They are usually energetic, happy people who are grateful for what they have earned. They have a very positive outlook on their lifestyle. Here are some of their positive characteristics that are often on display:

- 94 percent avoided gossiping.
- 98 percent believed in limitless possibilities and opportunities.
- 94 percent enjoyed their chosen career.
- 87 percent were happily married.
- 92 percent were happy with their level of health.

In direct contrast, those who were financially challenged or poor, consistently displayed negative attitudes and carried the specific beliefs listed below:

- 85 percent were unhappy in their jobs or careers.
- 53 percent were unhappy in their marriage.
- 78 percent believed optimism wasn't necessary in order to be successful.
- 77 percent believed lying was necessary to achieve success.

Simply having a positive attitude will not make you rich or wealthy, but it will contribute to your outlook on life by shifting your mindset and that will help shape your wealthy destiny.

5. They educate themselves.

As mentioned above, 88 percent of wealthy individuals spent at least 30 minutes each day reading in order to expand their knowledge. In addition, 85 percent read two or more books per month on an ongoing basis.

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Nonfiction books like biographies, self-help books, or materials related to their business or career were usually the books they read. Wealthy individuals were able to translate what they learned into actionable tasks that could be applied daily. They made a habit of prioritizing self-education, and used what they learned to achieve their goals and improve their lives by building the wealthy lifestyle they desire.

Remember to see the recommended reading list at the end of this e-book.

6. They track their progress.

When you work without taking the time to plan your day or taking the time to establish a progress tracking system, not only is it difficult to stay focused, it is difficult to track your results. How many times have you worked until the end of the week, only to discover that you did not get that much work completed? Having a daily to-do list, a financial budget and even a healthy food menu for the week will make life flow easier and keep you on track for building your wealthy lifestyle.

It has been discovered that people with a wealthy mindset insists on tracking and measuring various areas of their lives:

- 67 percent kept up-to-date to-do lists.
- 94 percent balanced their bank account each month.
- 57 percent counted the calories they consumed.
- 62 percent set goals and tracked whether or not they were on track to achieving them.

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Setting and attaining goals become far more difficult when you have no tracking systems in place. To increase your chances of success I have created a "[Sample Goal Tracking Sheet](#)" download free. Use it to create your own sheets or use the tracking systems and sheets in the resources suggested at the end of the "[Sample Goal Tracking Sheet](#)" PDF.

7. They surround themselves with success-oriented people.

People with a wealthy mindset seem to intuitively understand the importance of being around other goal-success-oriented people. They are intentional about nurturing positive, fruitful relationships, and they invest the time and energy necessary to help those relationships grow.

They are very particular about who they associate with. Their goal is to develop relationships with other success-minded individuals. When they meet someone who fits their idea of a successful person, they will devote their time and energy into developing a strong relationship. Wealthy mindset people understand that the right relationships are the currency of the wealthy, healthy and successful.

See the Recommended Reading List Below:

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Recommended Reading Resources:

[Rich Habits: The Daily Success Habits of Wealthy Individuals](#)

[Breakthrough to the Success Zone](#)

[High Impact Power Goal Setting](#)

[The Power of Intentional Goal Setting](#)

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Pat Council is a Goal Achievement Strategist, Author, Speaker and Entrepreneur. [Find out more about Pat](#) and why she is dedicated to helping others "do life with power" by achieving their goals.