

8 Critical Types of Business Habits That Virtually Guarantee Outstanding Success with Daryl Urbanski

This workbook is about understanding Daryl's vision of a successful business, focusing primarily on his 'Habit Hero' program, which combines business wisdom, fitness, and mental resilience

It is important as it challenges conventional business principles, emphasizing on serving communities, having a diverse income, and the role of fitness and mindset in business success.

The benefits involve gaining novel insights into running a business and acquiring an enriched, diverse approach for achieving success in business and personal life.

Quote to remember from the Interview

"Business is not about performing one task perfectly; it is about juggling eight tasks adequately."

What You'll Learn From the Activity

These questions and activities will help you reflect on your current business model, open your eyes to potential growth areas, and guide you towards a more comprehensive, sustainable approach in line with Daryl's methodology

Activity

Reflect on your own business: What are its key success factors?

How well is your business serving your community? List specific examples.

- 1.
- 2.
- 3.

Write down the primary income stream for your business. How can you diversify?

Identify three tasks that your business needs to juggle to be successful.

Based on Daryl's quote, rate your business on a scale of 1 to 10 on its ability to manage multiple tasks.

What are some regular habits you have that contribute to your business success?

How does your physical fitness influence your business performance?

Identify one mindset shift you can make today to bring you closer to your business goals

How can you emulate Daryl's focus in your daily work routine?

- 1.
- 2.
- 3.

How does Daryl's 'Habit Hero' program fit into your current business strategy?

Describe a recent business decision where community service outweighed financial gains.

Describe a scenario where you had to maintain business performance despite distractions.

Reflect on Daryl's journey into the business world. What lessons can you extract?

1. _____
2. _____
3. _____

What strategies do you use to stay ahead of your competitors?

What is your interpretation of the phrase, "Let your competitors rest, that's when you move ahead."?

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List three things you can do today to foster a resilient mindset.

- 1.
- 2.
- 3.

Discuss the relevance of 'rest' in staying ahead of your competitors.

Why do you think Daryl emphasizes the integration of business, fitness, and mindset in the 'Habit Hero' program?

How could you apply Daryl's principle of 'businesses serving communities' in your enterprise?

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How would you apply the concept of 'early retirement' in the context of online business according to your understanding from the interview?

Imagine your business has failed. Now, recall Daryl's success factors to plan a comeback.

- 1.
- 2.
- 3.

Describe how your business is about "more than just financial gains."

How would you implement the principle of "juggling eight tasks adequately"?

Do you agree with Daryl that many seemingly successful people are, in fact, failing? Why or why not?

Rate your current fitness level and its impact on your business on a scale from 1-10.

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Write a commitment statement about how you will incorporate Daryl's insights into your business strategy

Reflect on your biggest takeaway from Daryl's interview. How will it change your business approach?

Brainstorm ways to incorporate 'quality rest' into your work routine.

Do you believe in Daryl's idea of writing three books in 60 days as a turning point? Could a similar endeavour help your business? Discuss.