

The 2nd Ever #pfbookchat Book Club Discussion - Rich Habits

On June 20th, 2016, the second ever #pfbookchat book club meeting was held on Twitter to discuss Rich Habits by Tom Corley.



Amanda

@dreambeyonddebt

Twenty minutes until this month's #pfbookchat. Join us here - tchat.io/rooms/pfbookch...



@our_nextlife · 2 HOURS

AGO



Tyler Philbrook

@Tjphilbrook

I literally read Rich Habits twice just for this chat! #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

Go to tchat.io/rooms/pfbookch... at 7PM to join the discussion of Rich Habits for this month's #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

Welcome to the 2nd ever #pfbookchat! Tonight, we're discussing Rich Habits. #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

I'm eager to hear what everyone thinks about this month's selection - Rich Habits. #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

Q1: Did you identify with any of the characters in Rich Habits? If so, which one? [#pfbookchat](#)



AN HOUR

AGO



Amanda

@dreambeyonddebt

A1: I connected to the secretary. She was close with her boss & people wanted to help her. But she could not help herself. [#pfbookchat](#)



AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

a1. The accountant, though I'm not a financial expert, I'm kind of looked at it like it by my family. Though I have more debt [#pfbookchat](#)



AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

[@dreambeyonddebt](#) The secretary reminded me of so many close friends that I try to help but never accept [#pfbookchat](#)



AN HOUR

AGO



Amanda

@dreambeyonddebt

Q2: It was interesting that the book asked us to make promises to create habits instead of list habits for us. Thoughts? [#pfbookchat](#)



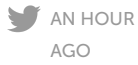
AN HOUR

AGO



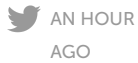
Tyler Philbrook
@Tjphilbrook

a2. Lists can sometimes make it easier to do things, but also make you feel overwhelmed.
[#pfbookchat](#)



Amanda
@dreambeyonddebt

A2: I realize that's because we all have different needs & therefore must design our own habits.
[#pfbookchat](#)



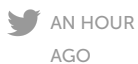
Tyler Philbrook
@Tjphilbrook

a2. continued... By promising to make a habit it seems easier and more likely to follow through
[#pfbookchat](#)



Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) exactly, if someone has a problem watching too much tv and someone else never watches it [#pfbookchat](#)



Amanda
@dreambeyonddebt

A2 cont...It asks for commitment before actions, I suppose. [#pfbookchat](#)





Amanda

@dreambeyonddebt

@Tjphilbrook True. Follow through is important. I can make a million lists, but w/out promising to take action, what's the pt? #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

Q3: Which habit did you get most excited about promising to pursue? #pfbookchat



AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

a3. exercise, I have been working on it for some time now and was happy with 3-4 times a week. Now i'm trying for everyday #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

A3: I know I should make health a priority, but I was most excited about the rich thinking. #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

@Tjphilbrook That's the area I struggle with most. I'm afraid to promise b/c I lack motivation to follow through. #pfbookchat



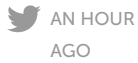
AN HOUR

AGO



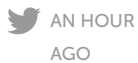
Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) I read a study recently that said even running for just 5 minutes a day can extend your life 8-10 years [#pfbookchat](#)



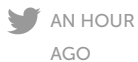
Amanda
@dreambeyonddebt

A3: [@Tjphilbrook](#) Rich thinking is easy b/c I'm already engaged in it through the personal finance blog world. [#pfbookchat](#)



Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) I agree, rich thinking is something I feel most of us are already doing. [#pfbookchat](#)



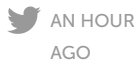
Amanda
@dreambeyonddebt

[@Tjphilbrook](#) What!? Five minutes? Really? I can do five minutes. Surely. [#pfbookchat](#)



Amanda
@dreambeyonddebt

[@Tjphilbrook](#) [@dreambeyonddebt](#) I enjoy it enough to do more, though! [#pfbookchat](#)



Claudia
@twocuphouse


[@Tjphilbrook](#) Agreed. I've made exercise a priority this year. It was interesting to see it was considered a "rich habit." [#pfbookchat](#)





Tyler Philbrook
@Tjphilbrook


[@dreambeyonddebt](#) yea that's what I thought, 5 minutes a day for an extra decade of life. And no debt more vibrant life [#pfbookchat](#)

 AN HOUR
AGO



Amanda
@dreambeyonddebt


Q4: Which habits do you promise to make? [#pfbookchat](#)

 AN HOUR
AGO



Amanda
@dreambeyonddebt


A4: I promise to make health a priority. I promise to create daily/weekly/monthly goals. I promise to save 10% of gross income. [#pfbookchat](#)

 AN HOUR
AGO



Tyler Philbrook
@Tjphilbrook


a4. as mentioned exercise every day. But also to refocus on growing a business rather than waste time with TV + nonsense [#pfbookchat](#)

 AN HOUR
AGO



Amanda
@dreambeyonddebt

[@Tjphilbrook](#) TV is a hard one for me. I'm more productive when I go on TV diets, but it's like I miss my friends! [#pfbookchat](#)

 AN HOUR
AGO



Amanda

@dreambeyonddebt

@Tjphilbrook Building a business is a good one, though. Which habit would that fall under?
#pfbookchat



AN HOUR
AGO



Amanda

@dreambeyonddebt

Q5: How many habits are too many habits to build/promise to make at one time? #pfbookchat



AN HOUR
AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt for me it's under avoiding procrastination #pfbookchat



AN HOUR
AGO



Claudia

@twocuphouse

@dreambeyonddebt @Tjphilbrook We're started listening to podcasts at night while we side hustle--two birds. :) #pfbookchat



AN HOUR
AGO



Amanda

@dreambeyonddebt

@twocuphouse @dreambeyonddebt @Tjphilbrook I like that one! Which podcasts do you recommend? #pfbookchat



AN HOUR
AGO



Tyler Philbrook

@Tjphilbrook

@twocuphouse @dreambeyonddebt that's a good one, I listen to podcasts well I'm doing most everything now a days lol #pfbookchat



AN HOUR
AGO



Tyler Philbrook
@Tjphilbrook

a5. I would say work on one habit at a time so that it truly becomes a habit than move on to the next one [#pfbookchat](#)

AN HOUR
AGO



Amanda
@dreambeyonddebt

[@Tjphilbrook](#) [@twocuphouse](#) Which podcasts do you listen to? [#pfbookchat](#)

AN HOUR
AGO



Claudia
@twocuphouse

[@Tjphilbrook](#) [@dreambeyonddebt](#) Me too! I listen to EO Fire daily at work. Tim Ferriss has a great show, too. Lots to recommend. [#pfbookchat](#)

[@FaustinaFormis2](#) · AN HOUR
AGO



Claudia
@twocuphouse

[@Tjphilbrook](#) [@dreambeyonddebt](#) Me too! I listen to EO Fire daily at work. Tim Ferriss has a great show, too. Lots to recommend. [#pfbookchat](#)

AN HOUR
AGO



Amanda
@dreambeyonddebt

[@Tjphilbrook](#) I cannot believe I did not think to work on one at a time! But that seems the most sound. [#pfbookchat](#)

AN HOUR
AGO



Claudia

@twocuphouse

[@Tjphilbrook](#) [@dreambeyonddebt](#) Radical Personal Finance, 5am Miracle, and Mystery Show (fun one)...the list goes on...ha! [#pfbookchat](#)



AN HOUR

AGO



Amanda

@dreambeyonddebt

One habit at a time. Maybe I should focus on the one that I was least interested in working on: health and exercise. [#pfbookchat](#)



AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

[@dreambeyonddebt](#) [@twocuphouse](#) SPI, AskPat, School of Greatness, Rideshare guy, Paula Pants, Budgets & cents, Youpreneur+West wing [#pfbookchat](#)



[@LyndiaBreshears](#) · AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

[@dreambeyonddebt](#) [@twocuphouse](#) SPI, AskPat, School of Greatness, Rideshare guy, Paula Pants, Budgets & cents, Youpreneur+West wing [#pfbookchat](#)



AN HOUR

AGO



Claudia

@twocuphouse

[@Tjphilbrook](#) [@dreambeyonddebt](#) Great! I'll add these to my queue. Thanks! [#pfbookchat](#)



AN HOUR

AGO



Amanda

@dreambeyonddebt

@Tjphilbrook @dreambeyonddebt @twocuphouse I really like The Mad Flentist & The MONEY Show & Budget & Cents. #pfbookchat



AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt Yea I've been thinking about working on less TV for right now #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

@Tjphilbrook @dreambeyonddebt I did a 30 day TV diet last year & it was amazing what I got done. #pfbookchat



AN HOUR

AGO



Amanda

@dreambeyonddebt

@dreambeyonddebt @Tjphilbrook I should do it more often. #pfbookchat



AN HOUR

AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt @Tjphilbrook I should do it at all lol #pfbookchat



44 MINUTES AGO



Amanda

@dreambeyonddebt

Q6: What are the best actions to take for the self-improvement habit? One listed is "read industry material." Others? #pfbookchat



43 MINUTES AGO



Amanda

@dreambeyonddebt

A6: Would volunteering for causes you believe in be a good habit for self-improvement?

[#pfbookchat](#)



42 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

a6. For me it's about picking which "industry" I want to be in. My goals are to start working for myself and not a company [#pfbookchat](#)



42 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

a6 cont. so I'm reading everything I can about the business I want to grow rather than the one I'm trying to leave [#pfbookchat](#)



41 MINUTES AGO



Amanda

@dreambeyonddebt

[@Tjphilbrook](#) So you're reading a lot about freelancing & solopreneurship right now, huh?

[#pfbookchat](#)



41 MINUTES AGO



Amanda

@dreambeyonddebt

[@Tjphilbrook](#) What business do you want to grow? [#pfbookchat](#)



41 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

[@dreambeyonddebt](#) subscribing to anything I can, and even taking courses when I can

[#pfbookchat](#)



41 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) I want to grow my freelance writing the most right now because that's what I enjoy but, [#pfbookchat](#)

 40 MINUTES AGO



Amanda
@dreambeyonddebt

A6: I'm reading a lot about financial independence & memoir writing, but looking up various outdoor classes & volunteer opps. [#pfbookchat](#)

 40 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) to pay the bills I'm going a Amazon FBA business [#pfbookchat](#)

 40 MINUTES AGO



Claudia
@twocuphouse

[@Tjphilbrook](#) [@dreambeyonddebt](#) We're reading a lot of business books now, too. In the middle of Dorie Clark's Stand Out. [#pfbookchat](#)

 40 MINUTES AGO



Amanda
@dreambeyonddebt

A6: I'm in constant conflict b/w starting a side business & doing my creative work...which could be side biz, maybe. [#pfbookchat](#)

 39 MINUTES AGO



Amanda
@dreambeyonddebt

A6: One other self-improvement habit might be daily writing/journaling/morning pages. [#pfbookchat](#)

 38 MINUTES AGO



Amanda

@dreambeyonddebt

@Tjphilbrook @dreambeyonddebt What is an Amazon FBA biz? What does FBA stand for?
#pfbookchat



38 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@Tjphilbrook Fulfilled By Amazon #pfbookchat



37 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt here's my first freelance article about it - diseasecalleddebt.com/fulfilment-by-... #pfbookchat



36 MINUTES AGO



Amanda

@dreambeyonddebt

@twocuphouse @Tjphilbrook @dreambeyonddebt I'll check it out. Any other "industry" book recommendations? #pfbookchat



35 MINUTES AGO



Amanda

@dreambeyonddebt

Q7: What's the best system for building relationships? #pfbookchat



35 MINUTES AGO



Amanda

@dreambeyonddebt

A7: In the book, he talks about sending cards and making calls. Not FB. #pfbookchat



34 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

@dreambeyonddebt @twocuphouse Ray Edwards "How to write copy that sells" #pfbookchat

 33 MINUTES AGO



Claudia
@twocuphouse

@dreambeyonddebt @Tjphilbrook The Slight Edge is great for personal and professional development--reminds me of Rich Habits. #pfbookchat

 33 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

a7. I call family and friends on long drives using a bluetooth headset. I also will write long emails and even hand written ones #pfbookchat

 32 MINUTES AGO



Amanda
@dreambeyonddebt

@twocuphouse @dreambeyonddebt @Tjphilbrook I'm reading The 12 Week Year right now about productivity. Not bad. #pfbookchat

 32 MINUTES AGO



Amanda
@dreambeyonddebt

@Tjphilbrook Long emails are THE BEST. I love to get updates from friends + random "I was thinking of you" emails. #pfbookchat

 31 MINUTES AGO



Amanda
@dreambeyonddebt

A7: Writing one email to a friend a day might be a good self-improvement habit. It's a good relationship building one, too. #pfbookchat

 30 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) that would be amazing to do, Imagine how good you would feel when you get something back everyday [#pfbookchat](#)

 30 MINUTES AGO



Amanda
@dreambeyonddebt

[@Tjphilbrook](#) [@dreambeyonddebt](#) Right? If I got an email back a week, I'd be ecstatic:) [#pfbookchat](#)

 29 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

[@dreambeyonddebt](#) and just save them so when you are having a bad day read one of the MANY emails you would have saved [#pfbookchat](#)

 29 MINUTES AGO



Amanda
@dreambeyonddebt

[@Tjphilbrook](#) [@dreambeyonddebt](#) That would make a great habit, too! [#pfbookchat](#)

 28 MINUTES AGO



Amanda
@dreambeyonddebt

Q8: What's the best way to cultivate "rich thinking?" [#pfbookchat](#)

 27 MINUTES AGO



Amanda
@dreambeyonddebt

A7: Reading personal finance blogs seems to help me develop rich thinking. [#pfbookchat](#)

 26 MINUTES AGO



Amanda

@dreambeyonddebt

A7 cont...So did working through Overcoming Underearning by Barbara Stanny. [#pfbookchat](#)



26 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

a8. I would say making sure what your putting in your mind allows for rich thinking, such as finance blogs, books, etc. [#pfbookchat](#)



25 MINUTES AGO



Amanda

@dreambeyonddebt

A8: Mantras have helped from time to time, but I'm not consistent enough with them. [#pfbookchat](#)



24 MINUTES AGO



Amanda

@dreambeyonddebt

Q9: The book suggests making daily, weekly, monthly & long-term goals. Have you tried to make so many goals? What was result? [#pfbookchat](#)



23 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

[@dreambeyonddebt](#) maybe I haven't given mantras a fair chance but i feel they don't help me [#pfbookchat](#)



22 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

a9. I have monthly income goals from my growing business, I find that it forces me to work harder [#pfbookchat](#)



22 MINUTES AGO



Claudia
@twocuphouse

@dreambeyonddebt I set a daily intention, which has changed my life. I'm much more focused now. #pfbookchat

 22 MINUTES AGO



Amanda
@dreambeyonddebt

@Tjphilbrook @dreambeyonddebt It might be interesting to experiment with them for a week & see what happens. Post or article. #pfbookchat

 21 MINUTES AGO



Amanda
@dreambeyonddebt

@twocuphouse @dreambeyonddebt That sounds much more do-able than all those goals! How specific is the intention? #pfbookchat

 21 MINUTES AGO



Claudia
@twocuphouse

@dreambeyonddebt It depends on the day, but I try to be as specific as possible with the one thing I hope to accomplish. #pfbookchat

 20 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

@twocuphouse @dreambeyonddebt Sounds like "the one thing" (which I want to read) what one thing will make the biggest impact #pfbookchat

 19 MINUTES AGO



Amanda
@dreambeyonddebt

@Tjphilbrook @twocuphouse @dreambeyonddebt Why is that question so terrifying on a daily basis? Or any basis? #pfbookchat

 18 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

@dreambeyonddebt @Tjphilbrook @twocuphouse I think it's just hard to think that just one thing can make such a large impact #pfbookchat

 18 MINUTES AGO



Claudia
@twocuphouse

@Tjphilbrook @dreambeyonddebt FOMO--that was my problem with the one intention for the day, but it works well for me. #pfbookchat

 17 MINUTES AGO



Amanda
@dreambeyonddebt

@Tjphilbrook @dreambeyonddebt @twocuphouse I might second guess the one thing I chose for the day. Or month. #pfbookchat

 17 MINUTES AGO



Amanda
@dreambeyonddebt

@twocuphouse @Tjphilbrook @dreambeyonddebt Good to know. That might become my next habit to build. #pfbookchat

 16 MINUTES AGO



Amanda
@dreambeyonddebt

Q9: Would you go through the Rich Habits Training Program if sponsored? #pfbookchat

 16 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

@dreambeyonddebt @Tjphilbrook @twocuphouse Especially if that thing didn't work how you had planned/hoped #pfbookchat

 16 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

a9. where do I sign up? #pfbookchat

 16 MINUTES AGO



Amanda
@dreambeyonddebt

A9: Right? I'd love some accountability in building these habits. #pfbookchat

 15 MINUTES AGO



Claudia
@twocuphouse

@dreambeyonddebt Yep, esp. during the winter when my habits slip. #pfbookchat

 15 MINUTES AGO



Amanda
@dreambeyonddebt

A9 cont...If you're willing to share the one habit you want to work on over the next week & check in periodically, let's do it. #pfbookchat

 14 MINUTES AGO



Tyler Philbrook
@Tjphilbrook

@twocuphouse @dreambeyonddebt I live in Florida it's always summer even in the winter #pfbookchat

 14 MINUTES AGO



Amanda
@dreambeyonddebt

I'm going to start with setting a daily goal/intention. #pfbookchat

 14 MINUTES AGO



Amanda
@dreambeyonddebt

@Tjphilbrook @twocuphouse @dreambeyonddebt LUCKY. (Opportunity luck:) #pfbookchat

 14 MINUTES AGO



Amanda

@dreambeyonddebt

@Tjphilbrook @dreambeyonddebt Sounds brilliant! Well, when you get back then:) #pfbookchat



13 MINUTES AGO



Claudia

@twocuphouse

@Tjphilbrook @dreambeyonddebt I'm in. I'd like to get back to a chapter a day, rather than a few pages. #pfbookchat



13 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt @Tjphilbrook I'll let you know, I'm mostly focusing on the exercise and the not procrastinating #pfbookchat



12 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@twocuphouse @Tjphilbrook @dreambeyonddebt Oh I could most certainly go along with reading, I'm planning on doing a lot of that #pfbookchat



12 MINUTES AGO



Amanda

@dreambeyonddebt

Thanks for coming to chat tonight! Next month we're discussing Work Your Wealth by Mary Beth Storjohann. Hope to see you then! #pfbookchat



12 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt thanks so much for doing this, it's amazing #pfbookchat



11 MINUTES AGO



Claudia

@twocuphouse

@Tjphilbrook @dreambeyonddebt Thanks, Amanda and Tyler! Have a great evening! #pfbookchat



11 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@twocuphouse @Tjphilbrook @dreambeyonddebt You too Claudia #pfbookchat



10 MINUTES AGO



Tyler Philbrook

@Tjphilbrook

@dreambeyonddebt I would love to but I'm about to go on vacation and won't have internet for a week #pfbookchat



13 MINUTES AGO