Blue Branch investigate the success habits of millionaires

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Entrepreneur and CEO of Blue Branch Rania Noumaan is passionate about her role as a coach and mentor for budding entrepreneurs, and this week the award-winning business owner held a workshop for the firm's staff and contractors, investigating the success habits of millionaires.

About Blue Branch: http://www.bluebranch.org/about/

Ms Noumaan believes that good habits, implemented daily is what leads to success. The Blue Branch director investigated the key habits shared by millionaires.

1/ Exercise

Self-made billionaire, Richard Branson famously wakes up at 5a.m. to start his day with a workout, and he isn't alone. Dozens of today's top business leaders, including Facebook's Mark Zuckerberg to Oprah Winfrey, make time in their day to exercise. Ms Noumaan endorses exercising because it produces endorphins which trigger happiness emotions.

2/ They make their bed

According to research, people who make their bed in the morning are up to 206.8% more likely to become millionaires due to the fact it puts their mind into a productive mind-set. Charles Duhigg author of the bestselling "The Power of Habit" believes that making your bed every morning is correlated with better productivity and a greater sense of well-being.

3/ They Read

There is a common belief that reading is linked to higher education and income, as well as overall happiness. Statistically, those who read are 122% more likely to become a millionaire. One of the world's richest entrepreneurs, Bill Gates, reads 50 books a year. Blue Branch are committed to personal and professional development, and they believe that reading is a tremendous source of knowledge.

4/ They wake up early

It is well-known that some of the most successful entrepreneurs begin their day at 5a.m. A five-year study of 177 self-made millionaires, conducted by author Thomas C. Corley found that nearly 50 % of them woke up at least three hours before their work day began. "Everyone has the same 1440 minutes in every day, it's how they choose to use that time that determines how successful they will be," commented Ms Noumaan.

5/ They plan out the day

Benjamin Franklin famously said "Failing to prepare is preparing to fail," At Blue Branch, they believe that someone should have a plan for every day if they want to achieve maximum productivity. According to research, those who maintain both a calendar and to-do list are 289% more likely to be millionaires.

Based in Edinburgh, Blue Branch is an innovative sales and event marketing firm that works with a broad range of clients throughout Scotland. The company helps customers to boost their customer acquisition, retention, and sales through unique event marketing campaigns. They are passionate about entrepreneurship and the development of their staff and contractors, and they frequently host educational workshops and seminars to help their people learn, grow and develop.

Source: https://www.cnbc.com/2017/04/07/7-rich-habits-of-highly-successful-people.html

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Company Contact:

Blue Branch

T. (+44) 79 43 377834
E. admin@bluebranch.org
W. https://www.bluebranch.org/

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