

# Creating Your Life in 101 Steps

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*Life is not about finding your true self but creating who you wish to be (Steve Redhead).*

*The best way to predict your future is to create it (Peter Drucker).*

*The greatest discovery in human history is the power of your mind to create almost every aspect of your life (Brian Tracy).*

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## **Introduction**

Every single thing you do has an impact on how you turn out to be and how your future takes shape.

There are many who go through life without giving much thought on how they want themselves and their future to be. A majority of those who have thought about it, aren't clear on how they could get there.

If you really want to, getting to where you want to from where you are right now shouldn't be hard.

At all.

Especially if you have from some of the greatest achievers, philosophers and eminent thinkers who have walked this earth guiding you through the transition.

If you are looking at on-your-face guidelines about creating your life without circuitous and long 'inspirational' stories, you are at the right place.

Here is a curated list of the best life-changing hacks and wisdom to start creating the life you want from this moment on.

## **How this book came to be**

As designers, we love to create. It is our lifeblood.

As a Design Professional, the most challenging and significant project I could take on is to design a blueprint on how people could be creating lives they want to lead and choose to live in.

Let me backtrack...

I was invited to speak on 'Creativity' for a batch of college students back in 2014 by a colleague at Oracle. I asked him why he chose to ask me to speak? He said that he could not look beyond me in his contacts for the talk - I worked (and still do) in the creative field (I am a Design Professional, I enable people Design their lives as a 'Designing Your Life' certified coach & facilitator and teach design), have a MS Degree in Psychology (and a MS in Electrical Engineering as well). I had also published my first epistolary novel (And We Remained) by then.

I agreed to the talk – and the core of my talk centered around what creativity meant, the history of creativity, the value of creativity in organizations, how creativity is a core

component of innovation and entrepreneurship, what it takes for an individual to be creative and how an individual could create the life he wants to lead.

I loved working on the content and all the work that went into the talk. I felt enriched and fulfilled after giving the talk. I got some feedback on how well the talk was received by the students.

Back at Oracle, I pitched for and started to conduct half-day bootcamps (workshops) on 'Structuring Creativity' for all freshers/ interns joining our unit every few months – each batch was anywhere between 80 to 120 students. I enjoyed these bootcamps so much, that I continued reading up on the topic, gathered relevant wisdom and ideas, and began to speak, teach and conduct workshops on this topic outside of Oracle as well.

I also started the 'Structuring Creativity Foundation' - a non-profit which provides Career Advice and Life Coaching for college students and recent college graduates looking to create a rewarding life and a fulfilling career through workshops and one-on-one coaching & counselling.

A part of the material which I have gathered over several years on this topic has culminated into this book.

Since the pandemic struck, I have been working from home. I save more than two hours on commute to and back from office every single day. I got a chance to read further which enabled me to gather more wisdom and ideas on this topic.

I then decided it was time to put the material together in the form of a book.

One reason I was determined to compile this book is that, there isn't a single book which covers all the different ideas and wisdom which are needed to create the life which you want to lead. Some focus on thinking, some on confidence building, some on relationships, some on minimalism, but there isn't one single book which covers everything as this one does.

Collating all the material together as a book has been a journey which has been both enlightening and satisfying. I only wish I had such a book to refer to about twenty years ago.

Note: There is another part to creativity which I taught – though important – is not part of the scope of this book and probably needs another book to do justice to it. For e.g., how creativity is tied to innovation and entrepreneurship, quantifying creativity, radical creativity, how creativity is nurtured or killed in organizations and what can be done about it, etc.

### **How to get the most out of this book**

This book is a set of guidelines (life-hacks) and wisdom recommended by several achievers and established thinkers to create who you want to be and create the future you want to be in.

Life-hacks in this context are recommended actions which you can implement immediately in your life as you live every day. Wisdom is more of long term – they are about knowing how things work in this world and for you to align yourself accordingly.

Though the sections have been organized in a logical way to make the most sense, you can start reading from anywhere.

It is 'Creating' your life in 101 steps because creating in this context is a continuous process and not something you do one day and let it be.

Let this book be your constant companion. Read it every day, even when you get just a few minutes to read (especially when you get just a few minutes to read), until you can consume and implement all the concepts presented in this book in your life.

You will come across places where you will be asked to 'introspect' and to complete a series of 'assimilations' – take a few moments to do so and you will be benefited. Maintain a document of your introspections and the assimilations you complete for your reference and regularly revisit this document for clarity on the path you will be choosing.

I have also recommended books for different topics covered here if you want to understand the specific topic in depth.

Finally, do keep an open mind – open for learning something new to be able to create your life.

After all, it's about Creating YOUR Life. NOTHING can become more important than this.

*Learn how to see. Realize that everything connects to everything else (Leonardo da Vinci).*

## The Objective

The objective of creating your life can be split into two – (1) Create who you want to be, and (2) Create the future you want to be in.

### 1. Create who you want to be

No matter where you are in life right now, no matter who you are, no matter how old you are – it is never too late to be who you are meant to be (Unknown). The greatest gift of what's happening right now is who you are becoming (Unknown).

*\_\_Top wisdom\_\_* The deepest secret is that life is not a process of discovery, but a process of creation. You are not discovering yourself but creating yourself anew. Seek therefore, not to find out Who You Are, but seek to determine Who You Want to Be (Neale Donald Walsh).

Success is something you attract by the person you become (Unknown). It's time for you to start taking the necessary steps to become the version of yourself that you can't stop dreaming about (Unknown).

*\_\_Top life-hack\_\_* You will become what you think about most; your success or failure in anything, large or small, will depend on your programming - what you accept from others, and what you say when you talk to yourself. The brain simply believes what you tell it most. And what you tell it about you, it will create. It has no choice (Shad Helmstetter).

The right doors won't open for you until you are the version of yourself that's supposed to walk through them (Unknown). If you want to attract, create, and sustain extraordinary levels of success and income, you must first figure out how to become the person that is capable of easily and consistently attracting, creating, and sustaining the extraordinary levels of success and income that you desire (Hal Elrod).

*\_\_Top life-hack\_\_* Do not focus on what you want to do in life. Focus on how you want to live your life. What will follow the how (Ankur Warikoo). Beware of looking for goals: look for a way of life. Decide how you want to live and then see what you can do to make a living within that way of life (Hunter Thompson).

To attract better, you have to become better. You can't do the same things and expect change. Transform your mindset. Upgrade your habits. Think positive. Be hopeful and

consistent with your evolution. It all starts with you and how you feel about yourself (Unknown).

If you don't make time to work on creating the life you want, you're eventually going to be forced to spend a LOT of time dealing with a life you don't want (Kevin Ngo). If you don't make the commitment today to start becoming the person you need to be to create the extraordinary life you really want, what makes you think tomorrow—or next week, or next month, or next year—are going to be any different? They won't (Hal Elrod).

Trust yourself. Create the kind of self that you will be happy to live with all your life (Golda Meir). Life's barely long enough to get good at one thing, so be careful what you get good at (Rust Cohle, True Detective).

You are just as worthy, deserving, and capable of creating and sustaining extraordinary health, wealth, happiness, love, and success in your life, as any other person on earth (Hal Elrod)

You only live once, but if you do it right, once is enough (Mae West). Life is about more than a paycheck and job performance. We all want to know we mattered to someone. We all want to know our work contributed to the world. We all want to know we loved, and we lived the best we could, with as much purpose and meaning as possible, and that we had a pretty fun time doing it (Bill Burnett & Dave Evans).

\_\_Top life-hack\_\_ If in doubt, ask yourself three questions: "Who am I?" "What do I want?" "What is my purpose?" It's a good idea to revisit that exercise frequently. Keep asking it, over and over, until you feel you have gained insight into your own desires so you're no longer at the mercy of society's ideas of what is good for you (Bernard Roth). The more you know who you are, and what you want, the less you let things upset you (Sofia Coppola).

The more you create, the more powerful you become. The more you consume, the more powerful others become (James Clear).

The most regretful people on earth are those who felt the call to creative work, who felt their own creative power restive and uprising, and gave to it neither power nor time (Mary Oliver).

You are not your past. Your past only taught you. You are not who other people say you are. Everyone has their opinions and opinions are just that. You are who you choose to become. When you choose to be honest, to be confident, to be loving, compassionate, and

considerate, that is who you become. You become someone who you respect and admire and won't settle for relationships that offer any less than that (Doe Zantamata).

*\_\_Assimilate\_\_ Ask yourself 'who do I truly want to become? Think deeply and start to believe that you are already the kind of person you always wanted to be. Just decide and get things moving.'*

*\_\_Suggested reading\_\_* Designing Your Life (Bill Burnett & Dave Evans)

## **2. Create the future you want to be in**

*\_\_Introspect\_\_ What kind of future do you see for yourself?*

When you fantasize and imagine your perfect future, the only question you ask is, 'How?' This is the most powerful question of all. Asking the 'How?' question stimulates your creativity and triggers ideas to help you accomplish your goals (Brian Tracy).

*\_\_Top wisdom\_\_* More people are becoming aware that the mundane life they are drudging through is not the real reason they came to Earth (Dolores Cannon). A well-designed life is a life that is generative—it is constantly creative, productive, changing, evolving, and there is always the possibility of surprise. A well-designed life is not a life of drudgery. You weren't put on this earth to work eight hours a day at a job you hate until the time comes to die (Bill Burnett & Dave Evans).

Never mind what is. Imagine it to be what you want it to be (Unknown). Create the life you can't wait to wake up to (Unknown).

*\_\_Top life-hack\_\_* Enough courage to get started + enough sense to focus on something you're naturally suited for + enough persistence to stay in the game long enough to catch a few lucky breaks + a lot of hard work. There's your recipe (James Clear).

Look at things not as they are, but as they can be. Visualization adds value to everything. A big thinker always visualizes what can be done in the future. He isn't stuck with the present. Belief triggers the power to do (David J. Schwartz)

*\_\_Top wisdom\_\_* Life design is a journey; let go of the end goal and focus on the process and see what happens next. Designing your life is actually what life is, because life is a process, not an outcome (Bill Burnett, Dave Evans). It makes no difference how many peaks you reach if there is no pleasure in the climb (Oprah Winfrey).

Until we dedicate time each day to developing ourselves into the person we need to be to create the life we want, success is always going to be a struggle to attain (Hal Elrod).

*\_\_Top life-hack\_\_* Think continually about what you want, not about the things you fear (Unknown). Resolve to think about your ideal future most of the time. The clearer you can be about your long-term future, the more rapidly you will attract people and circumstances into your life to help make that future a reality. The greater clarity you have about who you are and what you want, the faster you will achieve it in every area of your life (Brian Tracy).

Believe that you have what you need in order to build the life you want. Trust that no matter what went wrong in the past, you are capable of doing things right this time (@poetryofdhiman).

*\_\_Top life-hack\_\_* Stop fixing your weaknesses, it's a waste of time. What are you SO good at that it feels effortless? Build your life around amplifying THAT (Scott D. Clary).

What if it does work out exactly how you imagined it or greater. Entertain that thought (Idil Ahmed).

Most people don't want to be part of the process, they just want to be part of the outcome. But the process is where you figure out who's worth being part of the outcome (Scottie Pippen).

Even though it doesn't feel like it right now, you're going to end up exactly where you need to be, with the people who love you the most, doing what you were created to do. Until then, just keep going (Unknown).

*\_\_Assimilate\_\_* *You have the power to create your future. Frequently visualize how you want it to be and what you would be doing in it.*

*\_\_Suggested reading\_\_* Goals (Brian Tracy): Chapter 5 (Create your own future).



## Take Action

You need to take action to create who you want to be and the future you want to live in. To create is to move yourself into taking action. To act is the most important step to achieve anything.

### 3. Take action

*\_\_Introspect\_\_* What is one thing you can accomplish today that would make this day a success? (James Clear)

You don't need 100 self-help books; all you need is action and self-discipline (Unknown). Life is not about expecting, hoping and wishing. It's about doing, being and becoming (Unknown).

*\_\_Top wisdom\_\_* 'Knowledge is power.' I disagree. Knowledge is not power. Knowledge is only potential power. It transforms itself into actual power the moment you decisively act on it (Robin Sharma).

Life is not just about holding good cards, but in playing those you hold well (Josh Billings).

*\_\_Top wisdom\_\_* Wisdom stems from experience. Read to gain awareness. Experience life to gain wisdom. Knowledge isn't meant to fester in your mind. It is meant to be acted out. Take action (Taylin John Simmonds).

You are what you do, not what you say you'll do (Carl Jung). Every action you take is a vote for the type of person you wish to become. You choose the future with your actions each day (James Clear).

*\_\_Top wisdom\_\_* Thinking will not overcome fear, but action will (Clement Stone). Working on a problem reduces the fear of it. It's hard to fear a problem when you are making progress on it—even if progress is imperfect and slow. Action relieves anxiety (James Clear). Your doubts create mountains. Your actions move them (Mel Robins).

The distance between your dreams and reality is called 'action' (Unknown). The most difficult thing is the decision to act (Amelia Earhart). Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it (Jack Canfield).

\_\_Top life-hack\_\_ Maybe you know exactly what it is you dream of being, or maybe you're paralyzed because you have no idea what your passion is. The truth is, it doesn't matter. You don't have to know. You just have to keep moving forward. You just have to keep doing something, seizing the next opportunity, staying open to trying something new. It doesn't have to fit your vision of the perfect job or the perfect life. Perfect is boring and dreams are not real. Just ... do (Shonda Rimes)

The only difference between who you are and who you want to be is what you do (Unknown). Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit at home and think about it. Go out and get busy (Dale Carnegie). Action cures fear (David J. Schwartz). When in doubt, just take the next small step (Paulo Coelho). Often the difference between a successful person and a failure is not one's better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk—and to act (André Malraux).

\_\_Top wisdom\_\_ The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the process is its own reward (Amelia Earhart).

Change doesn't happen when circumstances improve. A change happens when you decide to improve your circumstances (Unknown). Don't wait for your feelings to change to take the action. Take the action and your feelings will change (Unknown).

People are usually afraid of change because they fear the unknown. But the single greatest constant of history is that everything changes (Yuval Noah Harari).

If you lay down, people will step over you. But if you keep scrambling, if you keep going, someone will always, always give you a hand. Always. But you gotta keep dancing, you gotta keep your feet moving (Morgan Freeman).

\_\_Top wisdom\_\_ The rest of us need you to act, because if you don't, you're robbing yourself, your peers, your family, your organization, and the world of a contribution only you can make. The cost of inaction is vast. Don't go to your grave with your best work inside you. Choose to die empty (Todd Henry). I hope your life is full of "I can't believe I did this", than "I should have done it" (Unknown).

Life rewards action, not intelligence. Many brilliant people talk themselves out of getting started, and being smart doesn't help very much without the courage to act. You can't win if you're not in the game (James Clear). A ship is safe in a harbor, but that is not what

ships are built for (John Shedd). Those who succeed don't let their doubts and fears stop them from taking action (T. Harv Eker). I hope your life is full of "I can't believe I did this", than "I should have done it" (Unknown).

*\_\_Top life-hack\_\_* Fall in love with some activity, and do it! Nobody ever figures out what life is all about, and it doesn't matter. Explore the world. Nearly everything is really interesting if you go into it deeply enough. Work as hard and as much as you want to on the things you like to do the best. Don't think about what you want to be, but what you want to do (Richard Feynman).

On the ground, a rock is just a rock. But when moving at high speed through the atmosphere, a rock becomes a meteor—alive with fire and burning bright. People are not so different. Without activity, we are lifeless and dull. When moving fast and taking action, we come alive (James Clear).

They tell you: Follow your dreams. Listen to your spirit. Change the world. Make your mark. Find your inner voice and make it sing. Embrace failure. Dream. Dream and dream big. As a matter of fact, dream and don't stop dreaming until your dream comes true. I think that's crap. I think a lot of people dream. And while they are busy dreaming, the really happy people, the really successful people, the really interesting, powerful, engaged people are busy doing (Shonda Rhimes).

Without action, knowledge is often meaningless. As Aristotle put it, to be excellent we cannot simply think or feel excellent, we must act excellently (Shawn Achor).

*\_\_Assimilate\_\_* Ask yourself every day - what are the one or two things that if you get them done today, you'll go to bed content? (James Clear)

#### **4. Did you try?**

You have no idea what you are capable of until you try (Unknown). You are in danger of living a life so comfortable and soft, that you will die without ever realizing your true potential (David Goggins).

*\_\_Top wisdom\_\_* I've found if you go ahead and try, you are less likely to suffer than if you chose fear and not try. Courage creates its own rewards and fear its own suffering (Scott McAllister).

The key question is not, "Did I make all my dreams come true?". The key question is, "Did I try?" (Unknown).

\_\_Top life-hack\_\_ Every accomplishment starts with the decision to try (Brian Littrell). Start small, set the bar low, and try something (Bill Burnett, Dave Evans).

Never underestimate the ability to try. Trying can turn nothing into something because even the smallest steps have the chance to become bigger things (Roger Lee).

\_\_Top wisdom\_\_ The list of mistakes you can never recover from is very short. But you likely realize your life will not be destroyed if your book doesn't sell or if a potential date turns you down or if your startup goes bust. It's not the failed outcome that paralyzes us. It's the possibility of looking stupid, feeling humiliated, or dealing with embarrassment that prevents us from getting started at all. The first step to being courageous is being willing to look foolish (James Clear). Embrace embarrassment. Feeling foolish is part of the path to achieving something important, something meaningful (Mark Manson). Do silly things. Foolishness is a great deal more vital and healthy than our straining and striving after a meaningful life (Anton Chekhov). Stay hungry. Stay foolish (Steve Jobs).

If you try and fail, congratulations. Because most people don't even try (Unknown). A real loser is somebody that's so afraid of not winning, they don't even try (Little Miss Sunshine). All the advice in the world will never help you until you help yourself (Unknown).

\_\_Top life-hack\_\_ It is always the start that requires the greatest effort (Unknown). The hardest part of any important task is getting started on it in the first place. Once you actually begin work on a valuable task, you seem to be naturally motivated to continue. Do not wait; the time will never be "just right." Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along. The act of taking the first step is what separates the winners from the losers (Brian Tracy).

The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible (Richard Devos). If you don't try, you won't know (Unknown). As long as you are trying every day, you are making a difference. Keep moving forward (Roger Lee).

\_\_Top life-hack\_\_ Talk to someone who is either doing and living what you're contemplating or has real experience and expertise in an area about which you have questions. You want to hear what the person who does what you might someday want to do loves and hates about his job. You want to know what her days look like, and then you want to see if you can imagine yourself doing that job – and loving it – for months and years on end (Bill Burnett & Dave Evans).

Do. You can always find fifty reasons for not doing things, so that over time you become very skilled at creating an empty life (Herbert Fensterheim, Jean Baer). One roadblock almost never ruins you. There might not be 1000 ways to accomplish something, but there is almost always more than one way. Know what you want. Be flexible about how to get there. The odds increase, the more you try (James Clear).

\_\_Top wisdom\_\_ Winning is overcoming obstacles to reach a goal, but the value in winning is only as great as the value of the goal reached. Reaching the goal itself may not be as valuable as the experience that can come in making a supreme effort to overcome the obstacles involved. The process can be more rewarding than the victory itself (Zach Kleiman).

You can talk all you want about having a clear purpose and strategy for your life, but ultimately this means nothing if you are not investing the resources you have in a way that is consistent with your strategy. In the end, a strategy is nothing but good intentions unless it's effectively implemented (Clayton M. Christensen).

\_\_Top wisdom\_\_ Do you remember being told as a child, "It's not whether you win or lose, it's how you play the game"? Well, that's just about the best advice for life you can get. How do you play? You try your best. You are honest. If there's a foul, you call foul even if people disagree. And no matter the odds against you, until that last buzzer sounds, you just don't give up. That's how you play the game (Doe Zantamata).

We all need small sparks, small accomplishments in our lives to fuel the big ones. Think of your small accomplishments as kindling. When you want a bonfire, you don't start by lighting a big log. You collect some witch's hair—a small pile of hay or some dry, dead grass. You light that, and then add small sticks and bigger sticks before you feed your tree stump into the blaze. Because it's the small sparks, which start small fires, that eventually build enough heat to burn the whole fucking forest down (David Goggins).

\_\_Top wisdom\_\_ Some doors lead to amazing things. Some doors lead to...well, not much. But the more doors a person tried, the greater the chances are that those amazing things will be discovered. If you try once and succeed, you're amazingly lucky. If you try 1000 times and succeed, you've earned it. The only trick is to keep on trying until it happens (Doe Zantamata).

Sometimes, you did your best and all you ended up with was a big mess. Don't be sad. You tried. That's really all you can ever do. Rest, regroup, and begin again. You have not failed as long as you keep on trying (Doe Zantamata).

In life, you never know what kind of result you will get until you try your best and see to it until the end (Unknown).

Keep trying

Try Again.

Try Once More

Try Differently

Try Again Tomorrow

Try and Ask for Help

Try finding someone who's done it.

Try to fix the problem

Keep trying until you succeed (Unknown).

*\_\_Assimilate\_\_ If there is something which you wanted to do from a long time, but haven't done it, try to do it today. You don't have to complete it – just try the first smallest step. Just try.*

##### **5. Don't ignore the pain which wants you to take action**

When it hurts, observe. Life is trying to teach you something (Unknown). So many people want the peak, but hate climbing. See, that's the problem... People want to grow, but don't want to go through the growing pains. You've got to love the struggle as much as the reward (Unknown). So, I sought out pain, fell in love with suffering, and eventually transformed myself from the weakest piece of shit on the planet into the hardest man God ever created, or so I tell myself (David Goggins).

*\_\_Top wisdom\_\_* The purpose of pain is to move us into action. It's not to make us suffer. Action is what unites every great success. Action is what produces results. Knowledge is only potential power until it comes into the hands of someone who knows how to get himself to take effective action. In fact, the literal definition of the word 'power' is 'the ability to act' (Tony Robbins).

I had to make you uncomfortable, otherwise you never would have moved. – The Universe (Unknown). Your suffering has a purpose. It will end soon. Just be patient (Unknown). Always remember that everything happens for a reason. It might not make sense now, but at the right time it will (Unknown).

\_\_Top wisdom\_\_ Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong (Unknown). Don't wait for the right answer and the golden path to present themselves. This is precisely why you're stuck. Starting without seeing the end is difficult, so we often wait until we see the end, scanning relentlessly for the right way, the best way and the perfect way. Today, not starting is far, far worse than being wrong. If you start, you've got a shot at evolving and adjusting to turn your wrong into a right. But if you don't start, you never get a chance. (Seth Godin).

You know your life is worth the struggle when you look back and realize what you have now is way better than what you had before (Unknown). Life will always find ways to test you, the goal is not to weaken you but to help you discover your strength (Unknown).

\_\_Top life-hack\_\_ Pain is temporary. It may last for a minute, or an hour or a day, or even a year. But eventually, it will subside. And something else take its place. If I quit, however, it will last forever (Eric Thomas).

Because in the heat of battle, when shit gets real, we need to draw inspiration to push through our own exhaustion, depression, pain, and misery. We need to spark a bunch of small fires to become the motherfucking inferno (David Goggins).

\_\_Top wisdom\_\_ In the gym, the weight doesn't get easier to lift; you get stronger. In life, events don't get easier to handle; you become better equipped to handle them. Keep growing. (Unknown). What you get by achieving your goals is not as important as what you become by achieving your goals (Zig Ziglar).

Strength doesn't come from what you can do. Strength comes from overcoming the things you thought you couldn't (Unknown). Sometimes the strength within you is not a big fiery flame for all to see, it's just a tiny spark that whispers softly "you got this, keep going" (Unknown).

Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be (Charlie Jones).

"Fed up" is an uncomfortable place to be, but thankfully it's usually the best place a person can be in order to decide to make and commit to a big change for the better. So in a way, it's great to get fed up - just don't stay there (Doe Zantamata).

There is so much pain and suffering involved in physical challenges that it's the best training to take command of your inner dialogue, and the newfound mental strength and

confidence you gain by continuing to push yourself physically will carry over to other aspects in your life. You will realize that if you were underperforming in your physical challenges, there is a good chance you are underperforming at school and work too (David Goggins).

It's a lot more than mind over matter. It takes relentless self-discipline to schedule suffering into your day, every day, but if you do, you'll find that at the other end of that suffering is a whole other life just waiting for you (David Goggins).

I know there is incredible value in pain and suffering, if you allow yourself to experience it, to cry, to feel sorrow and grief, to hurt. Walk through the fire and you will emerge on the other end, whole and stronger. I promise. You will ultimately find truth and beauty and wisdom and peace. You will understand that nothing lasts forever, not pain, or joy. You will understand that joy cannot exist without sadness. Relief cannot exist without pain. Compassion cannot exist without cruelty. Courage cannot exist without fear. Hope cannot exist without despair. Wisdom cannot exist without suffering. Gratitude cannot exist without deprivation. Paradoxes abound in this life. Living is an exercise in navigating within them (Julie Yip-Williams).

*\_\_Assimilate\_\_ What are three things you are most afraid of doing and have been putting off?*

*\_\_Suggested reading\_\_ Can't Hurt Me (David Goggins)*

## **6. Have 'no zero' days; Get things done**

Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must but take the step (Unknown).

*\_\_Top wisdom\_\_ Focus on progress first and perfection later (Unknown). Forget perfection, just make progress (Unknown).*

It doesn't matter how slowly you go, as long as you do not stop (Unknown).

*\_\_Top wisdom\_\_ When you want to improve yourself, your life, always look for what you CAN do. Today, do what you can do today, no matter how small or insignificant it may seem. Tomorrow, do what you can do tomorrow. Do this every day and stay focused. One day, not too long into the future, you're going to look around, think back, and be amazed at just how far you've come and how much all those little changes added up. The key to massive change is in the dedication and persistence of many, many small changes. You'll see (Doe Zantamata).*



So, what if, instead of thinking about solving your whole life, you just think about adding additional good things. One at a time. Just let your pile of good things grow (Rainbow Rowell).

*\_\_Top life-hack\_\_* It's better to do less than you hoped than nothing at all. No zero days. The feeling of progress is one of the best feelings of all. This is true even when progress is small. One push-up is better than not exercising. One minute of guitar practice is better than none at all. One minute of reading is better than never picking a book. It's better to do less than you hoped than to do nothing at all (James Clear).

Getting things over and done with is probably one of the best feelings you can have. Procrastinating (especially) over trivial things like sending someone an email, or calling someone, or finishing that trivial task, isn't worth the mind space it occupies when you could be thinking about something more pleasant or useful. Do it now. sometimes 'later' becomes 'never' (Unknown).

If it takes you less than 5 minutes to do; do it right away instead of putting everything off to the last second and let the dishes, laundry, assignments, bills pile up. You will be amazed to see how many everyday tasks that would take you less than five minutes to do. And if it takes slightly longer, it does not matter, you just completed a task (Unknown). Some people want it to happen, some wish it would happen, others make it happen (Michael Jordan).

*\_\_Top life-hack\_\_* Wake up every day and make the best of the day that you can. Some days, you may have a ton of energy and be very positive and productive. Other days, well, just getting out of bed may take all the energy you can muster. Do your best, no more than that. Appreciate yourself, especially on the down days... that's when you need it the most (Doe Zantamata).

Whenever you get a chance or some free time (even a minute would do), do something that your future self will thank you for. It could be anything - sending a mail, making a call, looking up something, finding information, or simply having fun (Unknown).

*\_\_Top wisdom\_\_* Just because improvements aren't visible doesn't mean they aren't happening. You're not going to see the number change each time you step on the scale. You're not going to finish a chapter each time you sit down to write. Early wins come easy. Lasting wins require a lifestyle (James Clear).

There are things that have to be done and you do them and you don't talk about them. You don't try to justify them. They can't be justified. You just do them. Then you forget them (Mario Puzo).

You can't do everything, but you can do one thing, and then another and another. In terms of energy, it's better to make a wrong choice than none at all. You might begin by listing your priorities—for the day, for the week, for the month, for a lifetime. Start modestly. List everything you want to do today or tomorrow. Set priorities by dividing the items into A, B, and C categories. At the least, accomplish the A items. Try the same thing with long-term goals. Priorities do shift, and you can change them at any time, but simply getting them down in black and white adds clarity to your life, and clarity creates energy (George Leonard).

You have to get comfortable with writing when no one is reading. Creating with no one is consuming. Putting in the hours when you know no one is clapping, no one is listening, no one is watching. That's it. That's the big secret (Unknown).

## **7. Don't procrastinate, there will never be a perfect time to start**

Procrastination is one of the most common and deadliest of diseases and its toll on success and happiness is heavy (Wayne Gretzky).

*\_\_Top life-hack\_\_* You don't have to be the best at what you do to make an impact; you just have to do it. If you show up, someone will benefit from your presence. If you speak your truth, someone will find their courage. Your words don't have to be perfect to be right for them. Speak, act, show up. The world is waiting for your participation (Emily Maroutian).

The desire to start something at the "right" time is usually just a justification for delay. In almost every case, the best time to start is now (Gretchen Rubin).

You can spend your whole life waiting for the right moment, or you can take a step forward into this messy life and learn as you go, love as you go, try as you go, work it out as you go, fail, succeed, laugh, cry, win, lose, live. You can wait, or you can live. It's up to you (Emily Maroutian).

Let go of the idea that everything has to be perfect to be special. Even the most simple moments can be magical (Lauren Tingley).

*\_\_Top life-hack\_\_* Tomorrow, you will wish you had started today (Unknown). Start now. Do not hesitate. One minute at a time. A small step at a time (Unknown).

It's easier to optimize a modest start than to begin with a perfect start. Starting is the hard part, so start small and get in the mix. You'll learn a lot and you'll realize you don't need to have it all figured out to begin (James Clear).

*\_\_Top wisdom\_\_* You don't have to know what the outcome will be, to start. You don't have to be good at it. You don't even have to tell others about it if you don't want to. But start (Kimberly Davis). Nearly everything awesome takes longer than you think. Get started and don't worry about the clock (James Clear).

Don't take too long to start. Chances don't always last (Unknown). One day you will wake up and there won't be any more time to do the things you've always wanted. Do it now (Paulo Coelho). The tragedy of life is not that it ends so soon, but that we wait so long to begin it (Unknown).

*\_\_Top wisdom\_\_* If you find yourself standing alone in front of the mirror trying to solve or figure out your life, waiting to make a move until you are clear about the correct answers, you're going to be waiting a long time (Bill Burnett & Dave Evans).

You will never do anything if you keep waiting for the perfect moment. There is no perfect moment (Unknown).

*\_\_Top life-hack\_\_* You don't need to see the whole staircase, just take the first step (Unknown). You don't need to have every tiny thing figured out before you start (Unknown).

Start now by putting together those set of moments that your future self will thank you for (Unknown). You don't need to predict how everything will play out. Just master the next step and continue moving in the right direction (James Clear).

*\_\_Top life-hack\_\_* It's never the right time, but right now is usually the best time (James Clear). There will never be a perfect time. Just begin where you are right now. Just one step is all it takes to get started (Sherri Bishop).

Stop worrying about how long it will take and get started. Time will pass either way (James Clear).

Starting from zero can be a gift. If you don't have much to begin with, you don't have much to lose. You can be bold when you aren't trying to protect something (James Clear).

*\_\_Top wisdom\_\_* Don't let the fact that you don't know what you're doing stop you from doing anything. We start everything from a place of not knowing – walking, reading, dating, working. And through the doing, we learn. We may not get it right the 1<sup>st</sup> time, but eventually we know what we're doing (Neil Strauss).

Don't be discouraged. Many big things had small beginnings (Rigel Dawson). Ideas are worth nothing unless backed by application. The smallest of implementations is always worth more than the grandest of intentions (Robin Sharma).

You don't have to solve your whole life overnight. And you don't have to feel ashamed for being where you are. All you have to focus on is one small thing you can do today to get closer to where you want to be. Slowly and lightly, one step at a time. You can get there (Daniell Koepke). Sometimes you have to stop being scared and go for it. Either it'll work out or it won't. That's life (Unknown).

\_\_Top life-hack\_\_ When you are stuck searching for the optimal plan, remember: Getting started changes everything (James Clear). If you don't like where you are in life, move. You aren't a tree (Jim Rohn).

The only impossible journey is the one you never begin (Tony Robbins). It always seems impossible until it's done (Nelson Mandela). When something is important enough, you do it even if the odds are not in your favor (Elon Musk)

The more you move, the easier it is to keep moving. Maintain the momentum (Unknown).

\_\_Top wisdom\_\_ Procrastination is the fear of success. People procrastinate because they are afraid of the success that they know will result if they move ahead now. Because success is heavy, carries a responsibility with it, it is much easier to procrastinate and live on the 'someday I'll' philosophy (Denis Waitley).

Perfectionism is nothing more than procrastination in disguise. Practice deliberately 'shipping before you're ready'... that speech, that product, that plan, that presentation (Eric Partaker). Everyone procrastinates. The difference between high performers and low performers is largely determined by what they choose to procrastinate on (Brian Tracy)

\_\_Top life-hack\_\_ There will never be a perfect time to do something that stretches you. That's true whether you are starting a business, having a child, changing careers, or wrestling with any number of challenges. That's not a license to be reckless and never think things through, but at some point, you have to embrace the uncertainty because it is the only path forward. If you were ready for it, it wouldn't be growth (James Clear).

Just look for a strong beginning and a strong ending and get moving (Chip Heath). Time is priceless, but it's free. You can't own it, you can use it. You can spend it. But you can't keep it. Once you've lost it you can never get it back (Audrey Niffenegger).

*\_\_Top wisdom\_\_* We can think about things, turn them over in our minds a million times, play out possible scenarios, but really, when it comes down to it, you have to go with your heart and move forward. Maybe things will go well. Maybe they'll turn out poorly. Every decision brings with it some good, some bad, some lessons, and some luck. The only thing that's for sure is that indecision steals many years from many people who end up wishing they'd just had the courage to leap (Doe Zantamata).

The best 'caffeine' is 8 hours of sleep. The best 'energy drink' is 1L of water. The best 'focus app' is DND mode. Let's keep things simple (Jade Bonacolta).

### **8. Don't let self-doubt consume you; Believe it can be done**

*\_\_Introspect\_\_* Are you filled with self-doubt? Do you keep questioning your capabilities and what you can do?

Believe and you are half-way there (Theodore Roosevelt). Big career decisions don't come with a map, but all you need is a compass. In an unpredictable world, you can't make a master plan. You can only gauge whether you're on a meaningful path. The right move is the one that brings you a step closer to living your core values (Adam Grant).

*\_\_Top wisdom\_\_* You will always find evidence for what you choose to believe. Choose wisely (Unknown). Belief does not require something to be true. It only requires us to believe that it's true! That's powerful stuff! That means most of what reality is, to each of us, is based on what we have come to believe—whether it's true or not (Shad Helmstetter).

Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution (David J. Schwartz).

*\_\_Top life-hack\_\_* If you don't know what to pursue in life right now, pursue yourself. Pursue becoming the healthiest, happiest, most healed, most present and most confident version of yourself. Then the right path will reveal itself (Unknown).

If you don't believe in yourself, who else will? Doubt is removed by action. If you're not taking action, then that's when doubt creeps in. (Conan McGregor).

*\_\_Top wisdom\_\_* Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change

it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing (Mohammed Ali).

Worrying is using your imagination to create something you don't want (Abraham-Hicks). 99% of the things you worry about never ever happen (Unknown). One day you'll look back and realize that you worried too much about things that don't really matter (Sharon K. Brayfield).

*\_\_Top life-hack\_\_* Whenever you find yourself doubting how far you can go, just remember how far you have come. Remember everything you have faced, all the battles you have won, and all the fears you have overcome (Unknown).

You did not come this far to only come this far...Keep your head up. Keep fighting! (Unknown). Warriors are not the ones who always win, but the ones that always fight (Unknown).

*\_\_Top life-hack\_\_* It's okay if you don't know how to move forward yet. Trust that the road will become clearer as you take your steps toward what you desire. What can you do next within your current circumstances? Do that and your circumstances will change (Emily Maroutian).

People quit on people all the time. You gotta make sure you never quit on yourself (Unknown).

*\_\_Top wisdom\_\_* Not one single butterfly in the history of the world has tried to take off its wings and crawl around and eat leaves, or go back into the cocoon. You've gone through the struggles. You've done the work to transform. You've sat in darkness with only yourself. It's time to spread those wings and fly. A whole new world awaits ahead (Doe Zantamata).

You get what you believe in. Whether it be about the world, other people, or yourself and what you deserve. If anything better or worse shows up, you'll disbelieve, dismiss, or outright reject it away because it doesn't make sense to you under the surface. If you want better than what you've got, believe in better with all your heart and conscious thoughts. Eventually, it will show up. Receive it with massive gratitude when it does and it will stay (Doe Zantamata).

*\_\_Assimilate\_\_* *If someone took control of your life tomorrow, what's the first thing they would change? (Unknown).*

*\_\_Suggested reading\_\_* Can't Hurt Me (David Goggins).

## 9. Practice clear uninterrupted thinking

*\_\_Introspect\_\_ Do you find enough time to think through before you act or are you the yes first, think later types?*

Remember that your thoughts are the primary cause of everything (Rhonda Byrne). Your thoughts create your reality. If you want to solve your problems, start from changing your thoughts (Unknown). 99% of the harm is caused in your head, by you and your thoughts. 1% of the harm is caused by reality, what happens and the outcome. Most of the time, the problem isn't the problem. The way you think about the problem is (Unknown).

*\_\_Top wisdom\_\_* Thinking is by far the most underrated activity. People consider it 'unproductive' to sit on a bench and think. So, they spend their lives doing things they never thought through. An hour of clear thinking can yield a conclusion that changes your life (Johny Uzan).

If you realized how powerful your thoughts are, you would never think a negative thought (Unknown). Thoughts have no power over us unless we give in to them. Thoughts are only words strung together. They have NO MEANING WHATSOEVER. Only we give meaning to them. Let us choose to think thoughts that nourish and support us (Louise Hay). The thinking that guides your intelligence is much more important than how much intelligence you may have (David Schwartz).

*\_\_Top life-hack\_\_* Not enough is said about the power of thinking about one topic for a long period of time. If you revisit a topic continually, most problems (and many solutions) will occur to you at some point (James Clear).

Small shifts in your thinking, and small changes in your energy, can lead to massive alterations of your end result (Kevin Michel).

*\_\_Top life-hack\_\_* Think about something you are facing right now. Have you been trying to think your way to a solution or act your way to a solution? Sometimes you need more action, sometimes you need a better strategy (James Clear).

You have to think big to be big (Unknown). The quality of your thinking determines the quality of your life (Unknown).

The bottom line is that life is one big mind game. The only person you are playing against is yourself (David Goggins).

*\_\_Top wisdom\_\_* To a certain extent, we're all just winging it. We've never lived this life before and the world has never quite been this way. The best way through today is to be true to yourself and to others, look for the bright side but don't become blind to things that need to be fixed, and try to exhale and smile at all the good that's in your life today. Repeat again tomorrow (Doe Zantamata).

It starts with a dream. Add faith, and it becomes belief. Add action, and it becomes a part of life. Add perseverance, and it becomes a goal in sight. Add patience and time, and it ends with a dream come true (Doe Zantamata).

When you are consumed by thoughts, write. When you are uninspired, read (Stephen King).

*\_\_Assimilate\_\_* At least once a week, spend some uninterrupted time thinking about what's important to you and what your priorities are. Make this a habit.



## Take Control

Take control of the different factors influencing and impacting your own life. There are several factors which influence the ability to take be who you want to be and create the life that you want to – identify them and either control them or change your perspective about them. Let go of the things you cannot control.

### 10. Take control of your life

*\_\_Introspect\_\_* What aspects of your life are you currently letting others control?

Prediction depends on events outside your control. Creation depends on events within your control. Don't guess about the future. Shape it (James Clear).

*\_\_Top life-hack\_\_* Life is short - and if you're not careful you'll spend so much time doing everything you 'have' to do that you'll run out of time for things that bring you joy. Make space. It's never convenient. It's always worth it (Michell C. Clark).

The pen that writes your life story must be held in your own hand (Irene C. Kassorla). Don't seek to control others. Seek to gain greater self-control. Master yourself (Unknown). Don't let something entirely out of your control entirely control you (Doe Zantamata).

*\_\_Top wisdom\_\_* It's only when you take responsibility for your life, that you discover how powerful you truly are (Allanah Hunt). When you blame others, you give your power away (Unknown).

Remember, the moment you accept total responsibility for everything in your life is the moment you claim the power to change anything in your life. The degree to which you accept responsibility for everything in your life is precisely the degree of personal power you have to change or create anything in your life (Hal Elrod).

*\_\_Top life-hack\_\_* There is a simple realization from which all personal improvement and growth emerges. This is the realization that we, individually, are responsible for everything in our lives, no matter the external circumstances. We don't always control what happens to us. But we always control how we interpret what happens to us, as well as how we respond. Whether we consciously recognize it or not, we are always responsible for our experiences. It's impossible not to be. Choosing to not consciously interpret events in our lives is still an interpretation of the events of our lives. Choosing (Mark Manson)

*\_\_Top life-hack\_\_* You can free yourself from negative emotions and begin taking control of your life by simply saying 'I am responsible!' (Brian Tracy). Decide to take complete control of your life. This life of yours is 100% your responsibility. Stop blaming others or circumstances. You can be as happy or miserable as you choose to be (Unknown).

Incredible changes start to happen in your life when you decide to take control (Unknown). The best day of your life is the one which you decide your life is your own. No apologies or excuses. This is the day your life really begins (Unknown).

*\_\_Top wisdom\_\_* You are in control today and every day. How you show up, what you do, how you approach life, how productive you want to be, how you react to situations, who has access to you – you get to decide that. You might not have absolute control over everything that happens, but you should find peace in knowing what you can control (Unknown). Sometimes, the only thing in your control is the way you react to something (Doe Zantamata).

You become a master of your life when you learn how to control where your attention goes. Value what you give your energy and time to (Idil Ahmed). Give the power of your attention to all the things in your life that are right, and let them give power to you (Unknown). Live by choice, not by chance. Make changes, not excuses. Be motivated, not manipulated. Work to excel, not compete. Choose to listen to your inner voice, not the jumbled opinions of everyone else (Unknown).

*\_\_Top wisdom\_\_* If you do not take control over your time and your life, other people will gobble it up. If you don't prioritize yourself, you constantly start falling lower and lower on your own list (Michelle Obama). Anybody that can change your mood has power over you. Whether they have a positive or negative impact on your mood, they will have power over you (Unknown).

You don't need anyone's permission to do what is best for you (Unknown).

*\_\_Top wisdom\_\_* There's you and there's the world. And the world isn't fair. But, the world isn't unfair either. The world is simply how the world is. You are the variable (Mike Gillette). The best years of your life are the ones in which you decide your problems are your own. You do not blame them on anyone else. You realize then that you control your own destiny (Albert Ellis).

Power is not controlling other people. Power is controlling yourself (Kalen Dion).

The price of anything is the amount of life you exchange for it (Henry David Thoreau).

It does not matter what the stars say. Once you have come here as human being, you are supposed to be the Master of your life (Sadhguru).

Freedom is control in your own life (Willie Nelson).

Whether it's our routines or our relationships, it's our responsibility to actively and continuously make them the way we want them to be (Hal Elrod).

Note to self: When things feel overwhelming, remember-

- One thought at a time

- One task at a time

- One day at a time

(Unknown)

\_\_Assimilate\_\_ List aspects of your life which you believe should be in your control, but currently aren't. Think about how you could start getting them in your control?

\_\_Suggested reading\_\_ Getting to Yes with Yourself (William Ury). Goals (Brian Tracy): Chapter 2 (Take charge of your life).

### **11. Be honest and a person of integrity**

\_\_Top life-hack\_\_ Just be honest, it saves everyone's time (Unknown).

Honesty is telling the truth to other people and integrity is telling yourself the truth. (Spencer Johnson). Be true to yourself. Perhaps the most important value of all is that of integrity. Integrity is not so much a value in itself; it is rather the value that *guarantees* all the other values (Brian Tracy).

\_\_Top wisdom\_\_ If you don't have integrity, you have nothing. You can't buy it. You can have all the money in the world, but if you are not a moral and ethical person, you really have nothing (Henry Kravis). Success without integrity is failure (Unknown).

Integrity never goes out of style (Jim George). Integrity alone won't make you a leader, but without integrity, you will never be one (Zig Ziglar).

\_\_Top life-hack\_\_ Integrity is doing the right thing. Even when no one is watching (CJ Lewis). Courage combined with integrity is the foundation of character (Brian Tracy).

Honesty is the first chapter in the book of wisdom (Thomas Jefferson). The person with the most freedom in the world is the one who has nothing to hide (Unknown).

In looking for people to hire, look for three qualities: integrity, intelligence and energy. And if they don't have the first, the other two will kill you (Warren Buffet).

*\_\_Top wisdom\_\_* If there was no money, and everything depended on your moral standards, the way that you behaved, and the way that you treated people, how would you be doing in life? (Tupac Shakur).

The high road is always respected. Honesty and integrity are always rewarded (Scott Hamilton).

*\_\_Top wisdom\_\_* When we do what is known to be wrong, two negative things happen. First, we feel guilt and this guilt eats away confidence. Second, other people sooner or later find out and lose confidence in us (David J. Schwartz).

Telling the truth is about self-respect, confidence, integrity, and respect for others. It's also just a smart thing to do. The truth is fair and saves time. If it's out from the start, it won't pop out later and cause all of those things to disappear, plus time. Lies don't change the truth. They only hide and temporarily delay it. Telling the truth ultimately means that you value your time, and you know that once it's spent, you can never get it back (Doe Zantamata).

*\_\_Top wisdom\_\_* When you are able to maintain your own highest standards of integrity – regardless of what others may do – you are destined for greatness (Napoleon Hill). The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively (Unknown).

## **12. Stay true to yourself; be genuine & authentic**

*\_\_Introspect\_\_* How would you behave if you were the best in the world at what you do?

To be authentic is to be at peace with our imperfections (Simon Sinek). Magic will find those with pure hearts, even when all seems lost (Morgan Rhodes).

*\_\_Top wisdom\_\_* Nobody is perfect. We all make mistakes. We say wrong things, we do wrong things, we fall, we get up, we learn, we grow, we move on, we live and we thank God for always giving us another chance (Unknown).

I realised that I don't have to be perfect, all I have to do is show up and enjoy the messy, imperfect, and beautiful journey of life (Unknown).

*\_\_Top wisdom\_\_* The most convincing sign that someone is truly living their best life, is their lack of desire to show the world that they're living their best life. Your best life won't seek validation (Steven Bartlett).

Real is rare. Be real. Be genuine (Unknown). Stay genuine. Tables will always turn (Unknown). Of all the roads you could ever travel on, I think the journey back to finding yourself is the most magical one (Unknown).

*\_\_Top wisdom\_\_* Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable. Authenticity demands wholehearted living and loving—even when it's hard, even when we're wrestling with the shame and fear of not being good enough. Mindfully practicing authenticity during our most soul-searching struggles is how we invite grace, joy, and gratitude into our lives (Brené Brown)

Remember this: it is better for people to value you for who you are, not for who you pretend to be. Who you are lasts a lifetime. Who you pretend to be changes like the change of seasons (Najwa Zebian). There's a difference between being liked and being valued. A lot of people like you, not many value you. Be valued (Unknown).

*\_\_Top life-hack\_\_* Be the same person privately, publicly and personally. Confidence in yourself begins by believing who you are. Your only obligation in any lifetime is to be true to yourself (Richard Bach). Only fake flowers are flawless (K Tolnoe).

Fitting in is about assessing a situation and becoming who you need to be to be accepted. Belonging, on the other hand, doesn't require us to change who we are; it requires us to be who we are (Brené Brown)

People like labels. They like putting you in a box. They want you to be who they want you to be (All the bright places).

*\_\_Top wisdom\_\_* Living consciously involves being genuine; it involves listening and responding to others honestly and openly; it involves being in the moment (Sidney Poitier). Always strive to be genuine – about who you are, what you offer, and why you do what you do (Unknown).

Sexiness is all about your personality, being genuine and confident, and being a good person (Erin Heatherton). The world is full of good people. If you can't find one, be one (Unknown).

Authenticity is not something we have or don't have. It's a practice—a conscious choice of how we want to live. Authenticity is a collection of choices that we have to make

every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen (Brené Brown).

Decide who you want to be, and make the choices that person would make. Every choice becomes you (Doe Zantamata).

### **13. Build self-awareness**

*\_\_Introspect\_\_ Are you deeply aware of yourself – your own character, your likes/dislikes, feelings, motives...?*

Knowing yourself is the beginning of all wisdom (Aristotle). Awareness is the greatest agent for change (Eckhart Tolle). Discovering who you are today is the first step to being who you will be tomorrow (Destiny's Odyssey).

*\_\_Top wisdom\_\_* Self-awareness is the ability to take an honest look at your life without attachment to it being right or wrong (Debbie Ford). Self-awareness is not self-judgement. It is looking, seeing, and discovering who you really are (Unknown).

Self-awareness is the first component of emotional intelligence (Daniel Goleman). The biggest obstacle to increasing your self-awareness is the tendency to avoid the discomfort that comes from seeing yourself as you really are (Travis Bradberry). To know yourself, you must sacrifice the illusion that you already do (Vironika Tugaleva).

*\_\_Top life-hack\_\_* When you know yourself, you are empowered. When you accept yourself, you are invincible (Unknown). Research suggests that when we see ourselves clearly, we are more confident and more creative. We make sounder decisions, build stronger relationships, and communicate more effectively. We're less likely to lie, cheat, and steal. We are better workers who get more promotions. And we're more effective leaders with more satisfied employees and more profitable companies (Tasha Eurich).

At our core, we are all motivated by one of the four main motivators: fear, desire, duty, and love. The four motivators can help paint a clearer picture of where we are in life now, where we want to go, and why. These motivations are what drive everything we do (Jay Shetty).

*\_\_Top wisdom\_\_* Self-awareness is our capacity to stand apart from ourselves and examine our thinking, our motives, our history, our scripts, our actions, and our habits and tendencies (Stephen R. Covey). We study history not to know the future but to widen our horizons, to understand that our present situation is neither natural nor inevitable, and that

we consequently have many more possibilities before us than we imagine (Yuval Noah Harari).

We cannot change what we are not aware of, and once we are aware, we cannot help but change (Sheryl Sandberg). We do not learn from experience... we learn from reflecting on the experience (John Dewey).

He who knows others is wise. He who knows himself is enlightened (Lao Tzu). Once we attain self-awareness, we stop becoming the victims of worthless comparisons, identity clashes and idle mindsets that make further progress impossible (Dr. Prem Jagyasi).

Self-awareness allows you to self-correct (Bill Hybels). Self-awareness doesn't stop you from making mistakes, it allows you to learn from them (Unknown).

\_\_Top life-hack\_\_ If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far (Daniel Goleman).

We don't realize how many of our fixed views of the world are based on limited samples of reality (Bernard Roth).

\_\_Top life-hack\_\_ The moment that you begin walking, talking, and behaving in ways that are consistent with your highest ideals, your self-image improves, your self-esteem increases, and you feel happier about yourself and the world. Your aim should be to deliberately and systematically create the circumstances that raise your self-esteem in everything you do. You should live your life as if you were already the outstanding person that you intend to be (Brian Tracy).

There are many factors at play in determining your self-image, and you can shape and redesign that image at will whenever it doesn't suit you. Whether that includes physical things like getting a haircut or losing weight, personality-based things such as correcting bad habits or improving skills, or changing pieces of your identity outright (like changing a name), it's important to know that your self-image doesn't have to stay stagnant. If you've defined yourself as lazy, a bad speller, messy, easily distracted, or selfish, that doesn't have to be an eternal part of your self-concept. You can make a decision right now to see yourself differently, and then to become different (Bernard Roth).

Feelings are like colors on a canvas; they add depth and dimension to our lives, and just like an artist, we have the power to choose which ones we want to use and how we want to blend them together (Unknown).

When someone disrespects you, beware of your impulse to win their respect. For disrespect is not a valuation of your worth, but a signal of their character (Brendon Burchard).

*\_\_Assimilate\_\_ There are plenty of resources online listing activities on building self-awareness. Activities include, meditation, maintaining a thought diary/ journal, getting regular feedback from friends, peers and managers, taking up psychometric tests, placing yourself in new & novel situations, answering the Proust Questionnaire, etc.*

*\_\_Suggested reading\_\_ Self-Awareness – HBR Emotional Intelligence Series (Daniel Goleman, Robert Steven Kaplan, Susan David, and Tasha Eurich).*

#### **14. Control your attitude**

*\_\_Introspect\_\_ What mood do you notice yourself in for most of the day?*

You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you (Brian Tracy).

*\_\_Top wisdom\_\_ Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way. Our greatest freedom is the freedom to choose our attitude (Viktor E. Frankl). Your circumstances are not the reason you cannot succeed. They are the reality in which you must succeed (Ankur Warikoo).*

If you spend your time focusing on the things that are wrong, and that’s what you express and project to people you know, you don’t become a source of growth for people, you become a source of destruction to people. It's all just perspective (Unknown). Be an encourager. The world has plenty of critics already (Dave Willis).

*\_\_Top life-hack\_\_ Monday doesn’t suck. The weather doesn’t suck. Your job doesn’t suck. Your partner doesn’t suck. Your negative attitude sucks. Your lack of self-worth and self-love sucks. Stop complaining about what’s missing from your life and go manifest the crap out of your dreams (Unknown).*

You are the painter of your own mood. Your days are only as grey as you allow them to be (Unknown).



*\_\_Top wisdom\_\_* No matter where you are in life, celebrate it. It's either a product of your growth or a place that will help you grow. Cheers to today (Unknown). The greatest discovery of our generation is that human beings can alter their lives by altering their attitudes. As you think, so shall you be (William James).

If you get the inside right, the outside will fall into place (Eckhart Tolle).

*\_\_Top wisdom\_\_* If you can cultivate the right attitude, your enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding (Dalai Lama XIV).

The only thing you sometimes have control over is perspective. You don't have control over your situation. But you have a choice about how you view it (Chris Pine).

When you change your attitude, sparks fly in the universe. You're energized. You begin to see new possibilities. You move into action. You achieve extraordinary results. When you change your attitude, you change your life! (Jeff Keller).

There are two things you are in total control of in your life, your attitude and your effort (Lady Quinzel).

The vast majority of us are slaves to our minds. Most don't even make the first effort when it comes to mastering their thought process because it's a never-ending chore and impossible to get right every time (David Goggins).

A bad attitude is like a flat tire; you can't go anywhere until you change it (Unknown).

From the time you take your first breath, you become eligible to die. You also become eligible to find your greatness and become the One Warrior. But it is up to you to equip yourself for the battle ahead. Only you can master your mind, which is what it takes to live a bold life filled with accomplishments most people consider beyond their capability (David Goggins).

You need to learn how to select your thoughts just the same way you select your clothes every day. If you want to control things in your life, work on your mind. That's the only thing you should be trying to control. This is a power you can cultivate (Unknown).

*\_\_Assimilate\_\_* Resolve to look for the good in everything that you do and in everything that happens to you.

*\_\_Suggested reading\_\_* Attitude is everything (Jeff Keller).

## **15. Overcome fear**

The only real prison is fear, and the only real freedom is freedom from fear (Aung San Suu Kyi). Our fear of consequences is always worse than the consequences themselves (Shawn Achor). Don't let the fear of what could happen make nothing happen (Doe Zantamata).

\_\_Top wisdom\_\_ Fear and doubt kill more dreams than failure ever will. Fear is the path to the Dark Side. Fear leads to anger, anger leads to hate, hate leads to suffering (Yoda). It is fear that is the great cause of misery in the world. It is fear that is the greatest of all superstitions. It is fear that is the cause of all our woes (Swami Vivekananda). Fear is the single biggest thing that holds us back (Unknown).

It's not too late to pursue a life beyond your fears (Unknown). To beat fear, you must go through it, not around it. Everything you want is on the other side of fear. (Jack Canfield).

\_\_Top life-hack\_\_ What we fear most is usually what we most need to do (Tim Ferris). When it feels scary to jump, that is exactly when you jump. Otherwise, you end up in the same place your whole life (Godfather). Don't be afraid to put yourself out to the world and become the person you are meant to be. Life is about risking everything you have to achieve everything you want (Unknown).

May your choices reflect your hopes, not your fears (Nelson Mandela).

Don't be afraid to start again. This time, you're not starting from scratch, you're starting from EXPERIENCE (Unknown).

\_\_Top life-hack\_\_ You don't have to let your doubt into the cockpit! You can tolerate doubt as a backseat driver, but if you put doubt in the pilot's seat, defeat is guaranteed. Remembering that you've been through difficulties before and have always survived to fight again shifts the conversation in your head. It will allow you to control and manage doubt, and keep you focused on taking each and every step necessary to achieve the task at hand (David Goggins).

Don't let fears of what others think of you stand in your way (@RayDalio). The greatest thing you can give yourself is freedom from what others think (Abraham Hicks).

I turned off the television and thought about my own life. It was a life devoid of any drive and passion, but I knew if I continued to surrender to my fear and my feelings of inadequacy, I would be allowing them to dictate my future forever. My only other choice was to try and find the power in the emotions that had laid me low, harness and use them to empower me to rise up, which is exactly what I did (David Goggins).

Today, sell yourself on what you want. The fear of disappointment or failure causes most people to sell themselves on what they don't want. So much so that they've given up before they even try. That is true disappointment and failure. Throughout life, you're going to believe in things and put effort in and it won't always work out. That's just a part of life. It doesn't mean don't bother making efforts. In the end, you'll know you put your life into what you believed in (Doe Zantamata).

*\_\_Assimilate\_\_ What would you regret most if you played it safe and went through life afraid to take risks?*

## **16. Take control of your habits**

*\_\_Introspect\_\_ What are some habits (good or bad) you have picked up?*

Whether you realize it or not, your life has been, and will continue to be, created by your habits. If you don't control your habits your habits will control you (Hal Elrod).

*\_\_Top wisdom\_\_ Habits are the invisible architecture of daily life. We repeat about 40 percent of our behavior almost daily, so our habits shape our existence, and our future. If we change our habits, we change our lives (Gretchen Rubin).*

We won't make ourselves more creative and productive by copying other people's habits, even the habits of geniuses; we must know our own nature, and what habits serve us best (Gretchen Rubin). Habits are like financial capital – forming one today is an investment that will automatically give out returns for years to come (Shawn Achor).

*\_\_Top wisdom\_\_ Every single qualification for success is acquired through habit. People form habits and habits form futures. If you do not deliberately form good habits, then unconsciously you will form bad ones. You are the kind of person you are because you have formed the habit of being that kind of person, and the only way you can change is through habit (Albert Gray).*

Don't make a habit out of choosing what feels good over what's actually good for you (Eric Thomas). It's the small habits. How you spend your mornings. How you talk to yourself. What you read. What you watch. Who you share your energy with. Who has access to you. That will change your life. People do not decide their futures, they decide their habits and their habits decide their futures (Unknown).

*\_\_Top life-hack\_\_ Considering that our habits create our life, there is arguably no single skill that is more important for you to learn and master than controlling your habits.*

You must identify, implement, and maintain the habits necessary for creating the results you want in your life, while learning how to let go of any negative habits which are holding you back from achieving your true potential (Hal Elrod). The secret to lasting change is finding ways to make it easy, enjoyable, and rewarding (Sean Young).

If you have good habits, time becomes your ally. All you need is patience (James Clear).

\_\_Top life-hack\_\_ The most reliable way to change your life is by not changing your entire life. If you try to change everything all at once, you will quickly find yourself pulled back into the same patterns as before. But if you merely focus on changing one specific habit and work on it until it becomes part of your normal day, you will find your life changes naturally as a side effect. Improve the whole by mastering one thing (James Clear).

You change for two reasons: either you learn enough that you want to, or you've been hurt enough that you have to (Unknown). You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine (John C. Maxwell). When people say they don't want to change what they really mean is they don't have an incentive to change. Change the incentives and the behavior follows suit (James Clear).

\_\_Top life-hack\_\_ Track your habits. Once you can track and measure something, you can make the necessary changes and adjustments. If you are tracking and closely monitoring your daily schedule, then you will discover all the time you spend on consuming unnecessary things which you were better off without in the first place. Once you track your habits, you can easily get into ones which are creative and fulfilling. Great writers get into the habit of writing at certain times of the day and they stick to it with unwavering discipline – which is why they have been able to produce the kind of work that they have (Unknown).

Always give yourself 30 days to instill a new habit (Unknown). Change is possible, but it takes time and effort. Be patient, persistent, and kind to yourself along the way. Small changes add up. It's not about perfection, it's about progress (Sean Young).

\_\_Top life-hack\_\_ A quick and easy tip for building habits that last: Pick a standard time and place to do it. It's easier to wake up knowing 'I exercise at 4pm' than to decide each time when to fit a habit into your day. If it's already decided, all you need to do is show up (James Clear).

The most successful people in the world don't rely on motivation alone. They rely on systems and habits that support their goals (Sean Young).

When scheduling a new habit, it helps to tie it to an existing habit, such as ‘after breakfast,’ or to an external cue, such as ‘when my alarm rings,’ because without such a trigger, it’s easy to forget to do the new action (Gretchen Rubin).

*\_\_ Assimilate \_\_ Make a list of the habits you find beneficial – which you don’t have yet. Take small steps to incorporate them into your life – one habit at a time.*

*\_\_ Suggested reading \_\_ Atomic Habits (James Clear).*

## **17. Control your time**

*\_\_ Introspect \_\_ How often do you use the excuse ‘I don’t have time’?*

Gain control of your time and you will gain control of your life (John L. Mason). The easiest way to increase happiness is to control your use of time (Daniel Kahneman).

*\_\_ Top life-hack \_\_ Stop paying so much attention to what everyone else is doing and run your own race. How much time is spent reading other people's posts on social media, watching other people's exploits in the news, listening to other people's ideas on podcasts? Go have coffee with a friend. Go make something. Go outside. All those hours spent looking at someone else's life on a screen could be used to take action in your own life (James Clear).*

The truth is that the pages in our stories are flipping toward the end whether or not we write anything good on them (Donald Miller).

*\_\_ Top wisdom \_\_ We make time for the things we love, and excuses for the things we don’t (Mark Anthony). In many cases, the bottleneck to achieving results is simply making the time to do the work. You're capable of exercising, but are you making the time? You're capable of writing, but are you making the time? You're capable of reading, but are you making the time? (James Clear)*

Before the rest of the world is eating breakfast, the most successful people have already scored daily victories that are advancing them toward the lives they want (Laura Vanderkam)

*\_\_ Top life-hack \_\_ We shall never have any more time than we have. And we have always had all the time there is. Count the number of hours spent on TV, Internet, & Social Media in a given week. See a problem? (Unknown)*

When you lose track of time, you are either living your best life or wasting it (James Clear).

\_\_Top wisdom\_\_ Time is an equal opportunity employer. Each human being has exactly the same number of hours and minutes every day. Rich people can't buy more hours. Scientists can't invent new minutes. And you can't save time to spend it on another day. Even so, time is amazingly fair and forgiving. No matter how much time you've wasted in the past, you still have an entire tomorrow (Denis Waitley).

All mankind is divided, as it was at all times and is still, into slaves and freemen; for whoever has not two-thirds of his day for himself is a slave (Friedrich Nietzsche).

\_\_Top life-hack\_\_ Arrange your life in blocks of five years. Five years is what any project worth doing will take. From moment of inception to the last good riddance, a book, a campaign, a new job, a start-up will take five years to play through. So, ask yourself, what are the five big things you can do and what will they be? (Kevin Kelly on how Stewart Brand plans his life)

If you don't plan your time, someone else will help you waste it (Unknown).

You don't have enough time to be both unhappy and mediocre. It's not just pointless; it's painful (Seth Godin).

\_\_Top wisdom\_\_ You don't get paid by the hour, you get paid by the value you bring to the hour (Jim Rohn).

The greatest gift you can give someone is your time. Because when you give your time, you are giving a portion of your life that you will never get back (Unknown). A rich man buying you something doesn't mean anything. But a busy man giving you his time means everything (Unknown).

\_\_Top wisdom\_\_ Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway (Unknown).

Years pass by quickly. Never lose sight of the days. Put your priorities in order and at the very top, place those people and things that are the most important to you. Where you put your attention and time towards each day is what will become the strongest, most well-built aspects of your life. Start today. Make time for the moments that you truly want to remember (Doe Zantamata).

\_\_Top life-hack\_\_ Life is short. Don't be afraid to go after what makes you happy (Unknown). Your time is limited, so don't waste it living someone else's life (Steve Jobs). Stop waiting for permission to live the life you want (Unknown).

If you are not doing what you love, you are wasting your time (Unknown). Speed is perpetually undervalued. Asking that person out today means you get to live more of your life with them and less of your life waiting. Starting your business today means you begin learning immediately and have more time to figure out what works. Go fast. The future is never guaranteed and the right time may never come (James Clear).

\_\_Top life-hack\_\_ Time assets vs. Time debts. Time assets are choices that save you time in the future. Think: saying no to a meeting, automating a task, working on something that persists and compounds. Time debts are choices that must be repaid and cost you time in the future. Think: saying yes to a meeting, doing sloppy work that will need to be revised, etc. Time assets are an investment. Time debts are an expense (James Clear).

If you waste time today regretting what you should have done ten years ago, you'll end up ten years from now regretting the ten years you spent regretting what you should have done twenty years ago. Start fresh today. No more regrets from here on out (Unknown).

Time is finite. Which is why you need to learn how to manage it. Money is infinite. Which is why you need to learn how to grow it (Ankur Warikoo). Money is the most universal and most efficient system of mutual trust ever devised (Yuval Noah Harari).

Your time isn't just time. It is an investment of your life. When, where, and with whom you invest your life should be considered carefully, because there is no going backwards. Don't invest where you aren't appreciated or where you are not valued. Those are the most regrettable usages of time (Doe Zantamata).

Studies have found that American teenagers are two and half times more likely to experience elevated enjoyment when engaged in a hobby than when watching TV, and three times more likely when playing a sport. And yet here's the paradox: These same teenagers spend four times as many hours watching TV as they do engaging in sports or hobbies (Shawn Achor).

If you're given 5 extra minutes on your deathbed, you won't use it to close another deal. You'll hug your loved ones a little longer. You'll tell them how much you love them. How much you care. Remember this, today (Eric Partaker).

\_\_Assimilate\_\_ *To maximize productivity, schedule 3–5-hour blocks or half-days of singularly focused attention on ONE single activity or project (Hal Elrod). Plan with an overall goal in mind, plan for rest, for entertainment, for wellness. Then watch your life change.*

## 18. Control the quality of your 'internal dialogue'

*\_\_ Introspect \_\_* What do you talk to yourself the most about? What is the tone you use to talk to yourself?

The most important conversations you will ever have are the ones you have with yourself (Unknown). You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself. You spend most of your life inside your head – make it a nice place to be in (Unknown).

*\_\_ Top wisdom \_\_* You will become what you think about most; your success or failure in anything, large or small, will depend on your programming - what you accept from others, and what you say when you talk to yourself. The brain simply believes what you tell it most. And what you tell it about you, it will create. It has no choice (Shad Helmstetter).

A key factor to performing well in sports (and in life), is your ability to control the quality and quantity of your 'internal dialogue'. In other words, you need to stop yourself from stopping yourself. Sports, fitness, business and indeed Life are played on a 6-inch Ground ... the space between our own two ears! (Garret Kramer)

*\_\_ Top life-hack \_\_* How would you talk to a person scared of darkness, stuck alone in an elevator due to a power cut? On your worst days, when it all gets too much, talk to yourself like that (Unknown). Practice uplifting self-praise. Don't practice belittling self-punishment (Unknown).

Of all the people on the planet, you talk to yourself more than anyone. Make sure you are saying the right things (Unknown).

*\_\_ Top wisdom \_\_*

It is not what we say out loud that really determines our lives. It's what we whisper to ourselves that has the most power (Unknown). Be mindful of your self-talk, it shapes your world (Unknown).

*\_\_ Top life-hack \_\_* Don't speak negatively about yourself, even as a joke. Your body doesn't know the difference. Change the way you speak about yourself, and you can change your life (Unknown).

Happiness doesn't start with a relationship, a degree, a job or money. It starts with your thoughts and what you tell yourself every day (@\_\_MrMarshall).

If belittling yourself worked, if shaming yourself worked, if being hard on yourself worked, you would already be where you've always wanted to be in life. You would already



be the best version of yourself. However, those methods don't inspire, motivate, support, or trigger positive results. They do the opposite by disempowering you and leaving you feeling defeated and unmotivated. To become better, you have to treat yourself better. To treat yourself better, you have to believe that you deserve better (Emily Maroutian).

Strange, isn't it? You know yourself better than anyone else, yet you crumble at the words of someone who hasn't even lived a second of your life. Focus on your own voice, it's the only one that matters (Unknown).

People sometimes ask, 'what would you tell your 20-year-old self?' But more importantly, I think is to ask, 'what would your 20-year-old self say to you?' Maybe, 'sorry about my bad decisions. I should have valued us more. Thank you for making it through. I am amazed at who you have become. Please give yourself some credit. You are way more determined than I ever thought we could be' (Doe Zantamata).

The inner speech, your thoughts, can cause you to be rich or poor, loved or unloved, happy or unhappy, attractive or unattractive, powerful or weak (Ralph Charell).

Without altering the facts of the situation I am facing and without ignoring the reality of what must be done, what is the most useful and empowering story I can tell myself about what is happening and what I need to do next? (James Clear).

*\_\_Assimilate\_\_ Start noticing the tone in which you talk to yourself. If it is not one of kindness, genuine care and concern make a point to change it.*

*\_\_Suggested reading\_\_ What to Say When You Talk to Your Self (Dr. Shad Helmstetter)*

## **19. Become cognizant of the stories you tell yourself**

*\_\_Introspect\_\_ What are the kind of stories you tell about yourself to yourself or to others?*

The most important conversations you'll ever have are the ones you'll have with yourself (David Goggins). Beware of the stories you read or tell; subtly, at night, beneath the waters of consciousness, they are altering your world (Ben Okri). We are defined by the stories we tell ourselves (Tony Robbins).

*\_\_Top wisdom\_\_ The human mind is an incredible storyteller. It spins stories out of the littlest things, and sometimes, out of nothing at all. These stories, more often than not, are nothing but a momentary distraction, a daydream, that blows away like a cloud, and once gone, all traces of the story go with it. But there are times, when our mind conjures a story,*

that unlike the rest, is one that stays. Not only does it stay, it makes you believe what it wants you to believe, and you in turn, endeavour to make everyone else believe it too. Before you know it, that story becomes your reality. So, ask yourself this. What is your story? What do you tell yourself? Because whatever it is, sooner or later, it will be your reality (Unknown).

We are the stories we tell ourselves ... the stories we tell ourselves are the stories that define the potentialities of our existence. A story is the relationship that you develop between who you are (or who you potentially are) and the infinite world (Shekhar Kapur).

*\_\_Top life-hack\_\_* Part of getting to know yourself is to unknow yourself – to let go of the limiting stories you've told yourself about who you are so that you aren't trapped by them (Lori Gottlieb). Maybe you don't have to push yourself forward. Maybe you just have to stop holding yourself back (Doe Zantamata).

People are as healthy and confident as the stories they tell themselves (Ben Okri). You have to tell the story the way you want it to be. Everything that you are living is in response to the story that you are telling – period (Abraham Hicks).

*\_\_Top Wisdom\_\_* In all your waking hours, you're having a mind party. Your thoughts are your guests. Those which you don't pay attention to and refuse to entertain will eventually get bored and leave. Make sure to only entertain the ones that you want to keep around (Doe Zantamata).

Different meanings can be assigned to the same events. Look for evidence of how the world is encouraging you, and you will find it. Look for evidence of how the world is burdening you, and you will find it. Choose an explanation that empowers you (James Clear).

If you want to be successful, you must respect one rule: never lie to yourself (Paulo Coelho). Being entirely honest with oneself is a good exercise (Sigmund Freud).

The difference between despair and hope often boils down to different ways of telling stories from the same set of facts. The art of living means learning how to tell the story of our lives back to ourselves (Unknown/ TEDEd).

Only blaming others in repeated negative patterns will keep you frustrated, powerless, and stuck. Seeing your role in the creation of those patterns and changing it will lead to different and eventually better patterns (Doe Zantamata).

*\_\_Assimilate\_\_* *Make a note of all the limiting stories you have been telling yourself. Decide on the new stories will you replace them with. What stories are you attached to that you need to let go of? (James Clear)*

## 20. Reframe problems; Reframe your attitude towards problems

*\_\_Introspect\_\_* Are you in a place where you feel stuck with different and long-standing problems which feel unsolvable?

Our key to transforming anything lies in our ability to reframe it (Marianne Williamson).

*\_\_Top wisdom\_\_* You're not stuck. You're just committed to certain patterns of behaviors because they helped you in the past. Now those behaviors have become more harmful than helpful. The reason why you can't move forward is because you keep applying an old formula to a new level in your life. Change the formula to get a different result (Emily Maroutian).

We can't solve problems by using the same kind of thinking we used when we created them (Albert Einstein).

*\_\_Top wisdom\_\_* The mark of a man who is growing is his understanding that things go wrong to make us more right. God never breaks a man down with problems except to build him up. Imagine how superficial our lives would be if God didn't send circumstances that seem disastrous for the moment but later prove enriching and meaningful (Charlie T. Jones).

A reframe is not about telling yourself that your fear is wrong. Reframes are about finding another way to look at the possibilities of your life (Rebecca K. Sampson). Reframing means seeing something in a new way, in a new context (Elaine N. Aron).

*\_\_Top life-hack\_\_* Reframe your problems; Reframe how you see problems. The man who has no more problems to solve is out of the game (Elbert Hubbard).

Dysfunctional Belief: Happiness is having it all. Reframe: Happiness is letting go of what you don't need (Bill Burnett & Dave Evans).

*\_\_Top life-hack\_\_* Failure is just the raw material for success. We all screw up; we all have weaknesses; we all have growing pains. And we all have at least one story in us of an occasion when we've reframed a particular failure, where we've changed our perspective, and have seen how a failure turned out to be the best thing that ever happened (Bill Burnett & Dave Evans).

Instead of feeling that you've blown the day and thinking, 'I'll get back on track tomorrow,' try thinking of each day as a set of four quarters: morning, midday, afternoon,

evening. If you blow one quarter, you get back on track for the next quarter. Fail small, not big (Gretchen Rubin).

*\_\_Top wisdom\_\_* You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you (Josh Shipp).

You can experience a radical shift simply by reframing the words you use (Gabby Bernstein).

*\_\_Top wisdom\_\_* A recurring problem is a sign that there is still something that needs to be addressed. The mere fact that it has resurfaced shows that there are still unhealed aspects that require our attention. What is truly healed doesn't reactivate because the trigger no longer exists. If it does come back up, it means it was not completely healed. Use the current resurfacing as an opportunity to heal it (Emily Maroutian).

Remembering what you've been through and how that has strengthened your mindset can lift you out of a negative brain loop and help you bypass those weak, one-second impulses to give in so you can power through obstacles (David Goggins).

*\_\_Top wisdom\_\_* Oftentimes, we don't see how brave or strong we are when we are in the midst of struggle. We only see what we can't do, what our shortcomings are, and how we said the wrong things. The mere fact that you've encountered struggles in the past is proof that you are smarter and stronger than before. Every experience teaches us something, even when we aren't aware of the lesson. Trust that you are stronger. You are smarter. This problem might seem big, but it's not bigger than you (Emily Maroutian).

The obstacles in our path are not blocking us, they are redirecting us. Their purpose is not to interfere with our happiness; it is to point us toward new routes to our happiness, new possibilities, new doorways (Barbara De Angelis).

You don't have to like something to accept it (Lori Deschene).

*\_\_Assimilate\_\_* *Make a list of all the problems which have been bothering you. Would looking at them in a new way help?*

*\_\_Suggested reading\_\_* Designing Your Life (Bill Burnett & Dave Evans)

## **21. Exercise self-control over anger and impatience**

*\_\_Introspect\_\_* *What emotions are driving your actions?*

Life is 10% what happens to you and 90% how you respond to it (Unknown).

*\_\_Top wisdom\_\_* You are always responsible for how you act, no matter how you feel. Remember that (Unknown). In life, do not react. Always respond (Sundar Pichai).

Nobody makes you angry. You decide to use anger as a response (Unknown). You are the first victim of your own anger (@thoughtswonder).

*\_\_Top wisdom\_\_* Anger is the part of yourself that loves you the most. It knows when you are being mistreated, neglected, disrespected. It signals that you have to take a step out of a place that doesn't do you justice. It makes you aware that you need to leave a room, a job, a relationship, old patterns that don't work for you anymore. Learn to listen to your anger and make it your best friend. Then it'll leave (Unknown).

The goal isn't to get rid of all of your negative thoughts, feelings, and life situations. That's impossible. The goal is to change your response to them (MarcAndAngel). Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom (Viktor Frankl).

*\_\_Top life-hack\_\_* Practice the pause. Pause before judging. Pause before assuming. Pause before accusing. Pause whenever you're about to react harshly and you'll avoid doing and saying things you'll later regret (Lori Deschene).

Self-control is strength. Calmness is mastery. You have to get to a point where your mood doesn't shift based on the insignificant actions of someone else. Don't allow others to control the direction of your life. Don't allow your emotions to overpower your intelligence (Unknown).

*\_\_Top life-hack\_\_* We can't always choose the music life plays for us, but we can choose how we dance to it (Unknown).

Staying calm when things aren't working in your favour is how you turn the tide (Unknown). Being calm about everything allows your mind to find solutions. Instead of overthinking and overreacting, just surrender to that moment and allow yourself to receive guidance for what doesn't make sense (Unknown).

*\_\_Top wisdom\_\_* I can't control the other person's behavior, but I can control my response. Their actions may be rude or unacceptable, but I still want my response to be measured and thoughtful. Even if they aren't doing what is right, I still want to make sure I'm doing what is right (James Clear).

Anger is a choice, as well as a habit. It is a learned reaction to frustration, in which you behave in ways that you would rather not. In fact, severe anger is a form of insanity. You

are insane whenever you are not in control of your behaviour. Therefore, when you are angry and out of control, you are temporarily insane (Wayne Dyer).

*\_\_Top wisdom\_\_* When someone tries to trigger you by insulting you or by doing or saying something that irritates you, take a deep breath and switch off your ego. Remember that if you are easily offended, you are easily manipulated (Unknown).

Being calm is a skill. Being calm when you are ridiculed. Being calm when you are left alone. Being calm when you are questioned. Not because they were right. Perhaps they were. Perhaps they were not. Because, if you lose your calm, you compound the unpleasant further instead of correcting it. Anyone can be calm when things are calm. Being calm despite the storm is a powerful skill (Ankur Warikoo).

*\_\_Top wisdom\_\_* Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way (Unknown). There's always a blessing in disguise in every situation. Something far greater always comes out of moments that test you. Keep going. Keep believing (Unknown).

The people with the best self-control are typically the ones who need to use it the least (James Clear). Self-control is an exhaustible resource. This is a crucial realization, because when we talk about "self-control," we don't mean the narrow sense of the word, as in the willpower needed to fight vice (smokes, cookies, alcohol). We're talking about a broader kind of self-supervision. Think of the way your mind works when you're giving negative feedback to an employee, or assembling a new bookshelf, or learning a new dance. You are careful and deliberate with your words or movements. It feels like there's a supervisor on duty. That's self-control, too (Chip Heath).

*\_\_Top life-hack\_\_* 'Is it worth it?' - Ask yourselves before you speak. Never trust your tongue when your heart is bitter. Hush until you heal (Unknown). When you are angry, be silent (Unknown).

When people act shady, allow them. When people betray your trust, allow them. But never, ever sink to their level. Their choices are a direct reflection of why they are, not who you are. No matter how angry, hurt, or disappointed you may be, do not sink to their level or allow them to make you bitter (Unknown).

When people insult you, don't take offence, don't take it personally, but do listen to their words. They are telling you how they see the world, and they are telling you the exact

negative qualities that they possess. “The Law of Mirrors” states that one can only see what’s in them, regardless if it is what is actually present in reality or not. Release the need to defend or try to explain to them that you’re not being whatever-nasty-insult-they’ve-thrown-at-you, but evaluate instead all of these insults, and realize that this is who they are. Then, decide if a person with those qualities is one who you’d like in your life or not (Doe Zantamata).

One Universe, 9 Planets, 195 Countries, 1864 Islands, 7 Billion People. Don’t let 1 person ruin your day (Unknown).

*\_\_Top life-hack\_\_* When you can’t control what’s happening, challenge yourself to control the way you respond to what’s happening. That’s where your power is (Unknown).

If it won’t matter in 5 years, don’t spend more than 5 minutes being upset about it (Unknown).

*\_\_Top life-hack\_\_* Be the energy you want to attract (Unknown). Don’t use your energy to worry. Use your energy to believe (Unknown).

Something breaks. A bill is due. Someone said something mean. You’re running late. Your back hurts. All of these things plus more add up and can put you on edge, each raising your temperature and shortening your fuse. Then someone will say one little thing that put you over and it’s like a bomb went off. Wow, they didn’t deserve that. Before that happens, lower your temperature; take a few deep breaths. Lengthen your fuse: remind yourself you’ll get everything taken care of, it just seems overwhelming all at once. You can’t control how life comes at you but you can nourish and maintain how you feel and respond most of the time. Don’t let it get the best of you (Doe Zantamata).

Sometimes you just have to be done. Not mad. Not upset. Just done (Unknown). No response is a response. And it’s a powerful one. Remember that (Unknown).

*\_\_Top life-hack\_\_* Saying less is incredibly helpful. Every thought is not valuable. Every feeling does not need to be voiced. What is often best is slowing down to spend time developing a clearer and more informed perspective. Ego rushes and reacts, but peace moves intentionally and gently (Yung Pueblo).

Be honest when in trouble and be simple when in wealth. Be polite when in authority and be silent when in anger. This is called Life Management (Unknown).

What isn't your fault is still your responsibility. Just because you didn't create a problem doesn't mean you don't solve the problem (Ankur Warikoo).

*\_\_Assimilate\_\_ Resolve to keep your negative emotions in check by taking a moment to respond appropriately.*

*\_\_Suggested reading\_\_ Man's search for meaning (Viktor Frankl)*

## **22. Be patient; Master the art of timing**

*\_\_Introspect\_\_ What is one thing you have been the most impatient about?*

When you are in a great hurry to do something, hold back a few seconds – that is all it takes to shift from compulsiveness to consciousness (Unknown). Patience is not simply the ability to wait, it's how we behave while we're waiting (Joyce Meyer).

*\_\_Top wisdom\_\_ Hurrying betrays a lack of control over yourself, and over time. Always seem patient, as if you know that everything will come to you eventually. Become a detective of the right moment; sniff out the spirit of the times, the trends that will carry you to power. Learn to stand back when the time is not yet ripe, and to strike fiercely when it has reached fruition (Robert Greene). Three in the morning is never the time to try and sort out your life (Matt Haig).*

Don't chase, don't beg, don't stress, don't be desperate, just relax. When you relax, it will come to you. Make your wants, want you (Unknown). Things take time. The seeds planted do not sprout the next day, but that does not mean they never will. Be patient (Unknown).

*\_\_Top life-hack\_\_ Patience is a competitive advantage. In a surprising number of fields, you can find success if you are simply willing to do the reasonable thing longer than most people (James Clear).*

The greatest power is often simple patience (E. Joseph Cossman). No one ever got to the top of a mountain in one giant jump. Challenges can be overcome, and goals can be reached, but it can happen only one step at a time (Doe Zantamata).

You don't look better after one day in the gym. It takes months. You don't get promoted after one good project. It takes years. You don't get rich investing for one month. It takes decades. Stay patient (Dean Elkholy). The two most powerful warriors are patience and time (Leo Tolstoy).

One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life (Chinese proverb). A moment of patience in a moment of anger saves you a hundred moments of regret (Unknown).



Have patience with all things but first of all with yourself (Francis de Sales). Patience has its limits. Take it too far, and its cowardice (George Jackson).

Two things define you: your patience when you have nothing and your attitude when you have everything (Imam Ali).

Sometimes what you are looking for, comes when you are not looking at all (Unknown).

Master the art of timing. Timing is everything. If it is meant to happen, it will and for the right reasons (Unknown). We are so stressed out these days, because we believe everything needs to happen right now. We forget that everything happens in perfect timing (Idil Ahmed).

\_\_Top wisdom\_\_ Birds are not late. A dog does not check its watch. Deer do not fret over passing birthdays. Man alone measures time. Man alone chimes the hour. And, because of this, man alone suffers a paralyzing fear that no other creature endures. A fear of time running out (Mitch Albom).

\_\_Top life-hack\_\_ The universe is not in a hurry. You are. It is why you are anxious, stressed and disappointed. Trust that what was meant to be yours, will be yours. Give the universe room to work, and the path will reveal itself (Rayees Ibn Mushtaq).

If it's meant to be, it will be. You won't have to force, convince, or worry over it. Let it flow, let it be, and let it come to you. You're attracting everything you need. Trust the timing of your life (Unknown). Relax and trust the timing of your life. You will figure out your career. You will find the right relationship. You will become the person you always wanted to be. Just don't forget to appreciate who you are now (Unknown).

\_\_Top wisdom\_\_ You're not behind in life. There's no schedule or timetable that we all must follow. It's all made up. Wherever you are right now is exactly where you need to be. Seven billion people can't do everything in exactly the same scheduled order. We are all different with a variety of needs and goals. Some get married early, some get married late, while others don't get married at all. What is early? What is late? Compared with whom? Compared with what? Some want children, others don't. Some want a career; others enjoy taking care of a house and children. Your life is not on anyone else's schedule. Don't beat yourself up for where you are right now. It's YOUR timeline, not anyone else's, and nothing is off schedule (Emily Maroutian).

What you focus on increases. Don't compare your life to others, don't look at everything in your life that you are lacking. Look instead to the things you have; the good in your life. Separate your mind from negative events. Continue to do your best and move forward. Eventually everything will work out in your favor, even if it doesn't appear so today (Doe Zantamata).

*\_\_Top wisdom\_\_* Every now and again, you'll see 'the' reason. The reason that when you were trying and doing your best, things just didn't work out. The reason for the delay, or the obstacle, or the impossibility. You'll see it was to keep you safe. You'll see it was to prevent you from going down a dark path. You'll see it and you'll feel so grateful for what you once thought was so unfair. You'll see it and you'll know that someone or something is truly looking out for you (Doe Zantamata).

If you found out, realized, or learned something today that totally changes how you would have acted, or decisions you made in the past, don't beat yourself up for not knowing it before. Think instead of how much your life will change from this day forward, now that you know it, and how much better and wiser your decisions will be in the future. Be grateful that you learned it today, and not ten years from now (Doe Zantamata).

One day you will understand why your timing was perfect and why things had to happen exactly the way they did. To protect you, to guide you, and to redirect you to where you were always meant to be. Trust the process of your path, evolution and growth – it's all divine timing (@\_Pammy\_DS\_/ Unknown).

*\_\_Assimilate\_\_* *Don't be in a great hurry to finish things and get results. Keep working on them and things will work out.*

### **23. Don't complain – it is non-acceptance of what is**

*\_\_ Introspect\_\_* *What things do you complain about most of the time?*

Complaining is a complete waste of one's energy. Those who complain the most, accomplish the least (Robert Tew). If you had to choose just one habit for the rest of your life, let it be of not complaining. And see how effortlessly you reach solutions (Ankur Warikoo).

*\_\_Top wisdom\_\_* See if you can catch yourself complaining, in either speech or thought, about a situation you find yourself in, what other people do or say, your surroundings, your life situation, even the weather. To complain is always nonacceptance of

what is. It invariably carries an unconscious negative charge. When you complain, you make yourself into a victim (Eckhart Tolle).

The cells in your body react to everything that your mind says. Negativity brings down your immune system (Unknown). A positive mind finds opportunity in everything. A negative mind finds faults in everything (Unknown).

*\_\_Top life-hack\_\_* People won't have time for you if you're always angry and complaining (Stephen Hawking). You can never complain your way to a fulfilling life (Edmond Mbiaka).

Champions never complain. They are busy getting better (John Wooden).

As you waste your breath complaining about life, someone out there is breathing their last. Appreciate what you have (Unknown).

If you are not willing to work for it, don't complain about not having it (Unknown). If you are not helping to make it right, then stop complaining about it being wrong (Unknown).

*\_\_Top wisdom\_\_* Complaining does not work as a strategy. We all have finite time and energy. Any time we spend whining is unlikely to help us achieve our goals. And it won't make us any happier (Randy Pausch).

If you don't like something, change it. If you can't change it, change your attitude. Don't complain (Unknown). When we are no longer able to change a situation, we are challenged to change ourselves (Viktor E. Frankl).

Don't complain about things your parents could not give you. It was probably all they had (Unknown).

*\_\_Top life-hack\_\_* There are oceans of things to discover, to explore, to learn, to invent, to create in this world; especially with its modern possibilities offered. So, I don't understand when people complain they're bored and have nothing to do (Sahara Sanders).

Life is amazing and then it's awful. And then it's amazing again. And in between the amazing and the awful, it's ordinary and routine. So breathe in the amazing. Hold on through the awful. Relax and exhale during the ordinary because that's what it means to be alive. And it's breathtakingly beautiful (L. R. Knost).

*\_\_Assimilate\_\_* Go for 24 hours without complaining. Don't complain even once. Then try it for the next 24 hours. Then the next 24. Then watch how your life starts changing.

*\_\_Suggested reading\_\_* The Power of Now (Eckhart Tolle).

## 24. Let go of things you can't control

*\_\_Introspect\_\_ Do you constantly feel flustered about the things you are unable to control?*

Five things you can't control (1) What other people think of you. (2) What other people do. (3) What happens around you. (4) The outcome of your efforts. (5) The passage of time. So let go and focus on what you can control – what you do today (Lori Deschnene).

*\_\_ Top wisdom\_\_* By releasing the things you can't control, you will be able to work from a place of acceptance (Unknown). Don't get so worked up over things or people you can't change. It is not worth the anger or heartache. Control only what you can. Release the stress. Let go (Unknown).

Let go of things you can't control so you can focus on the things you can (Greg Olsen).

*\_\_Top life-hack\_\_* Instead of worrying about what you cannot control, shift your energy to what you can create (Roy T Bennett).

You can't control everything. Sometimes you just need to relax and have faith that things will work out. Let go a little and just let life happen (Kody Keplinger). Everything that life shows you has a reason, every person you meet has some purpose, everything you do has consequences; take life as it comes, accept it for what it is (Sangeeta Rana).

*\_\_Top life-hack\_\_* Don't let something entirely out of your control entirely control you (Doe Zantamata).

You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing everything with logic. If words control you that means everyone else can control you. Breathe and allow things to pass (Unknown).

There is a wonderful, almost mystical, law of nature that says three of the things we want most – happiness, freedom, and peace of mind – are always attained when we give them to others. Give it away to get it back (John Wooden).

*\_\_Assimilate\_\_ Acknowledge and list down what you cannot control. And don't ever lose your sleep over them.*

## 25. Declutter your life

*\_\_Introspect\_\_ Do you feel you have just too many things needing your attention and you aren't able to focus on what matters?*

Before you ask, 'What should I do today?', ask yourself, 'What should I remove today?'. Create the space you need to succeed. Which responsibilities, relationships, or projects have been weighing heavily on me and can I give myself permission to let one of them go right now? (James Clear).

*\_\_Top wisdom\_\_* We are born without bringing anything into this world. We die without taking anything with us. And the sad thing is that in the interval between life and death, we fight for what we did not bring and what we cannot take (Unknown).

Declutter your mind, your heart, your home. Let go of the heaviness that is weighing you down. Make your life simple, but significant (Maria Defillo).

*\_\_Top wisdom\_\_* Clutter diverts your attention, hampers your thinking, dilutes your efforts, and hinders your progress (Merrill Douglass). Clutter is not just physical stuff. It's old ideas, toxic relationships and bad habits. Clutter is anything that does not support your better self (Eleanor Brown). Clutter is anything that stands between you and the life you want to be living (Peter Walsh). Remove the emotional and physical clutter from your life so you can soar (Judith Orloff).

Declutter your life. Whether it's people, places or things. Be selective in when, where and how you invest your precious time, money and energy (Eleanor Brown).

*\_\_Top life-hack\_\_* Live the Pareto Principle lifestyle: Relationships. Who are the few people that have the most positive impact on my life? Spend more time with them. Priorities. What are the few actions that have the most positive impact on my day? Prioritize them. Learning. What are the few information sources I learn the most from? Focus on them. Stress. What are the few sources that cause most of the stress and friction in my life? Eliminate them (James Clear).

Get rid of the clutter and you just might find that it was blocking the door you've been looking for (Katrina Mayer).

*\_\_Top wisdom\_\_* Take whatever you are trying to accomplish and ask, "How could this be as easy as possible?" How could I make meditating each day as easy as possible? How could I make showing appreciation to my partner as easy as possible? How could I make finding great investment opportunities as easy as possible? And so on. You may be surprised how effective the easy version can be (James Clear).

When something has finished serving its purpose in your life, but you still can't seem to let it go, it becomes an obstacle on your path toward growth, or a block that won't allow

you to move forward. Something that was once helpful, now becomes harmful (Emily Maroutian). The day a blind man sees, the first thing he throws away is the stick that has helped him all his life (Unknown).

*\_\_Assimilate\_\_ Make a list of things/ tasks/ activities which are drawing unnecessary attention and are taking too much of your time. Eliminate or delegate them based on how important they are to you.*

## **26. Live simply and minimalistically**

*\_\_Introspect\_\_ Do you constantly feel the urge to show off what you own? Are you frequently anxious about someone damaging or stealing your possessions?*

Be as simple as you can be; you will be astonished to see how uncomplicated and happy your life can become (Paramahansa Yogananda).

*\_\_Top wisdom\_\_* The more things you own, the more they own you (Unknown). The more things you have, the more things you have to manage. Simplicity isn't merely cheaper, it's easier (James Clear). Simplicity is the ultimate sophistication (Leonardo Da Vinci).

A designer knows he has achieved perfection not when there is nothing left to add, but when there is nothing left to take away (Chip Heath).

*\_\_Top wisdom\_\_* The best things in life aren't things (Art Buchwald). Once we give up being attached to physical possessions, we find the time and freedom to follow bigger dreams (Joshua Becker).

The ability to simplify means to eliminate the unnecessary, so that the necessary may speak (Hans Hofmann). Simplicity boils down to two steps: Identify the essential. Eliminate the rest (Lao Babauta).

*\_\_Top life-hack\_\_* Fill your life with adventures, not things. Have stories to tell, not stuff to show (Unknown). Be a curator of your life. Slowly cut things out until you're left only with what you love, with what's necessary, with what makes you happy (Leo Babauta).

Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains (Steve Jobs).

*\_\_Top wisdom\_\_* The more you have, the more you are occupied. The less you have, the freer you are (Mother Teresa). Less is the new more (Unknown). The best way to find out what we really need is to get rid of what we don't (Marie Kondo).

Simplicity is a state of mind and not a lifestyle (Nitin Namdeo). Getting rid of everything that doesn't matter allows you to remember who you are. Simplicity doesn't change who you are, it brings you back to who you are (Courtney Carver).

*\_\_Top wisdom\_\_* Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away (Antoine de Saint-Exupery).

Decluttering is about removing the things we don't want. Minimalism is about discovering how little we actually need (Unknown). Minimalism isn't about removing the things you love. It's about removing the things that distract you from the things you love (Joshua Becker).

On minimalism: The goal is not to have the least amount of things, but the optimal amount of things. Two important footnotes (i) The optimal amount depends on your goals. (ii) The optimal amount is almost always less than you think (James Clear).

Happiness is letting go of what you don't need (Bill Burnett, Dave Evans). Often it is those people who live quietly, modestly, and contentedly with a simple life who are the happiest (Joshua Becker).

Once people get used to a certain luxury, they take it for granted. Then they begin to count on it. Finally, they reach a point where they can't live without it. Over the last few decades, we have invented countless time saving machines that are supposed to make life more relaxed - washing machines, vacuum cleaners, dishwashers, telephones, mobile phones, computers, email. We thought we were saving time; instead, we revved up the treadmill of life to ten times its former speed and made our days more anxious and agitated (Yuval Noah Harari).

*\_\_Assimilate\_\_* Imagine what your lifestyle would look like by living simplistically.

## **27. Distance yourself from gossip and drama**

*\_\_Introspect\_\_* How much of your life is filled with gossip and drama?

People with purpose, goals, and visions have no time for drama. They invest their energy in creativity and focus on living a positive life (Unknown). Don't blame a clown for acting like a clown. Ask yourself why you keep going to the circus (Unknown). When little people are overwhelmed by big emotions, it's our job to share our calm. Not join their chaos (L. R. Knost).

*\_\_Top wisdom\_\_* A life filled with silly social drama and gossip indicates that a person is disconnected from purpose and lacking meaningful goals. The symptoms of small-mindedness are gossip, offense and drama. People on a path of purpose don't have time for drama (Brendon Burchard).

Life is too short to tolerate nonsense. Cut out negativity, ignore gossip, let go of fake people and their drama (Unknown). The best way to gauge a person is to see what he chooses to observe and ignore about a given situation (Saudamini Mishra).

There are hundreds of paths up the mountain, all leading to the same place, so it doesn't matter which path you take. The only person wasting time is the one who runs around the mountain, telling everyone that his or her path is wrong (Unknown).

Misery loves good company. So, if you are surrounded with drama, gossip and fools, you may want to consider that you are presently at risk of becoming one of them (Unknown).

Stay away from negative people. They have a problem for every solution (Unknown). Don't expect to see positive changes in your life if you surround yourself with negative people (Unknown).

There comes a time in your life when you walk away from all the drama and the people who create it. You surround yourself with people who make you laugh. Learn from the bad and focus on the good. Love the people who treat you right and pray for the ones who don't. Life is too short to be anything but happy. Falling down is part of life. Getting back up is living (Unknown).

When you drink water from a cup, it becomes part of you. When water falls on you like rain, it evaporates a few minutes later. Similarly, thoughts can be consumed or dismissed. Is this thought nourishing? Is this feeling something you should drink? Or is it more like getting caught in the rain? You'll always feel the rain, but you don't have to drink the rain. You can let the thought pass and in a few moments the sun will return. You don't have to claim everything you feel (James Clear).

*\_\_Assimilate\_\_* Identify the areas and the people in your life where and with whom there is too much gossip and drama. Resolve to stay away from needless drama, gossip and negativity.

## **28. Don't play victim; Don't wallow in self-pity**



Feeling sorry for yourself, and your present condition is not only a waste of energy but the worst habit you could possibly have (Dale Carnegie).

\_\_Top wisdom\_\_ Self-pity is easily the most destructive of the non-pharmaceutical narcotics; it is addictive, gives momentary pleasure and separates the victim from reality (John Gardner). Pity, like morphine, does the sick good only at first. It is a means of helping them feel better. But, if you don't get your dose right and know where to stop, it becomes a murderous poison (Stefan Zweig).

The most despicable form of cowardice is self-pity (Marcus Aurelius). Self-pity will keep you immobilized so that your future is no different from your past (Unknown).

\_\_Top life-hack\_\_ Self-pity doesn't serve us. It only reinforces the mistaken belief that our happiness is beyond our control. If you're unhappy about the reality of your life, do something about it. Make different choices. Don't just complain about how difficult life is. That only makes it harder, guaranteed. Yes, life can be unfair. Often painful. That's never a reason to give up, or to give in, to relentless, debilitating self-pity (Scott Stabile). You need not spend your life wallowing in failure, ignorance, grief, poverty, shame and self-pity. There is a better way to live (Og Mandino).

The only real obstacles you have are those you create for yourself (Mariam Paré). It is easy to play the victim card (all of us have done this), but this mindset is one of the greatest obstacles to progress and growth (Unknown). Refuse to be a victim (Unknown).

Playing the victim card blinds you to your own flaws so you can never improve. Self-pity is the easiest way to create unilateral misery (Sri Sri).

If you have worked for thirty years doing the same shit you've hated day in and day out because you were afraid to quit and take a risk, you've been living like a pussy. Period, point blank. Tell yourself the truth! That you've wasted enough time, and that you have other dreams that will take courage to realize, so you don't die a fucking pussy (David Goggins).

Your complaints, your drama, your victim mentality, your whining, your blaming, and all of your excuses have NEVER gotten you even a single step closer to your goals or dreams. Let go of your nonsense. Let go of your delusion that you DESERVE better and go EARN IT (Dr. Steve Maraboli).

There is no improvement if you have an inferiority complex and victim mentality (Kim Nam-Joon).

Your body can stand almost anything. It is your mind that you have to convince (Unknown).

There is no shame in getting knocked out. The shame comes when you throw in the motherfucking towel (David Goggins).

The easiest thing to do is to play the victim. The hardest thing is to realize you are not (Ankur Warikoo).

Never think that what you have to offer is insignificant. There will always be someone out there who needs what you have to give (Unknown).

You may think that ... You are completely insignificant in this world. But someone drinks coffee from their favourite cup you gave them. Someone heard a song on the radio that reminded them of you. Someone read the book that you recommended, and plunged headfirst into it. Someone smiled after a hard day's work, because they remembered the joke you told them. Someone loves themselves a little bit more, because you gave them a compliment. Never think you have no influence whatsoever. Your trace, which you leave behind with every good deed, cannot be erased (Unknown).

*\_\_Suggested reading\_\_* Can't Hurt Me (David Goggins)

## **29. Know when to quit; Don't get stuck solving 'gravity' problems**

What you don't do is every bit as powerful as you do (Unknown).

*\_\_Top wisdom\_\_* Contrary to popular opinion, quitting is for winners. Knowing when to quit, changing direction, leaving a toxic situation, demanding more from life, giving up on something that wasn't working and moving on, is a very important skill that people who win at life all seem to have (Steven Bartlett).

No matter how long you have traveled in the wrong direction, you always have the choice to turn around (Unknown). Be strong enough to walk away from what isn't best for you and be patient enough to wait for the blessings you deserve (Unknown).

Winners quit fast, quit often, and quit without guilt. Strategic quitting is the secret of successful organizations (Seth Godin). Remember, some things have to end for better things to begin (Unknown).

*\_\_Top wisdom\_\_* It's okay to change the direction in your life. You are not a tree. You aren't planted in one spot. You have the ability and the right to move when you're not happy, starting fresh somewhere else, focusing on new goals, excelling at new things (Scott D. Clary).

It is not the strongest or the most intelligent who will survive, but those who can best manage change (Charles Darwin).

*\_\_Top wisdom\_\_* Gravity problems are unchangeable, irreversible, and long-lasting. Just like gravity, the problems exist like a law of nature. They are fixed and the only way to handle them is to accept the situation for what it is or reframe the way you think about it (Carly Nugent).

Gravity problems are not real problems. If it's not actionable, it's not a problem. Let's repeat that. If it's not actionable, it's not a problem. It's a situation, a circumstance, a fact of life, like gravity, it's not a problem that can be solved. The key is not to get stuck on something that you have effectively no chance of succeeding at. The only response to a gravity problem is acceptance (Bill Burnett & Dave Evans).

Endings don't have to be failures, especially when you choose to end a project or shut down a business. Even the best gigs don't last forever. Nor should they (Samin Nosrat).

"Winners don't quit! Winners hustle! Winners are constantly motivated. Sleep is a waste of time for winners." NONE of this is true. Winners quit all the time. They quit unhealthy relationships. They quit toxic jobs. They quit interactions that force them to be vicious. They quit their decisions if they haven't worked despite their best attempts. They quit situations if they are not headed in the right direction anymore. They quit any bias that prevents them from exploring new differing perspectives. What is the mark of a true winner? To know when to stop doing something. To know when to change course. Change is the path to something better waiting for you (Ankur Warikoo).

*\_\_Assimilate\_\_* List down things which are not adding any value to your life and decide to not pay attention to them or pursue them any longer.

*\_\_Suggested reading\_\_* The Dip (Seth Godin)

## Decide to Do Something Remarkable

### 30. Do something remarkable

*\_\_Introspect\_\_* What is the most remarkable thing you have done in your life so far?  
How did you feel when you achieved it?

You're either remarkable or invisible. How dare you settle for less when the world has made it so easy for you to be remarkable? (Seth Godin). Be phenomenal or be forgotten (Eric Thomas). Don't be afraid of being different, be afraid of being the same (Unknown). If you are always trying to be normal, you will never know how amazing you can be (Maya Angelou).

*\_\_Top wisdom\_\_* A vast majority of people in this world are convinced they are incapable of achieving great things. So, they aim for the low hanging fruit. They set 'mediocre', 'realistic' and 'achievable' goals and spend the rest of their lives pursuing them. They do not realize that since everyone else is also pursuing the same set of 'mediocre', 'realistic' and 'achievable' goals, the competition to get to these goals is the fiercest, most time consuming and energy sapping. They spend their entire lives in these pursuits and are so unhappy and frustrated at the end of their lives, because they haven't really achieved anything much at all (Unknown). The biggest wall you've gotta climb is the one you build in your mind (Unknown).

You have been assigned this mountain so that you can show others it can be moved (Mel Robbins). Be a game changer, the world is already full of players (Unknown). You can either be judged because you created something or ignored because you left your greatness inside of you. Your call (James Clear).

*\_\_Top life-hack\_\_* There is temporary discomfort in doing the unconventional. There is permanent discomfort in living life as a template. It is going to be scary and uncomfortable walking your own path. Guess what's even more scary? To walk by the path that everyone walks on, only to realize you never wanted to walk on that path (Ankur Warikoo).

Limitation is nothing more than a mentality that too many good people practice daily until they believe it's reality (Robin Sharma). Don't place unnecessary limitations on what you want for your life. Think bigger than you've allowed yourself to think up until this point. (Hal Elrod).

We must embrace the fact that if we don't commit to thinking and living differently than most people now, we are setting ourselves up to endure a life of mediocrity, struggle,

failure and regret—just like most people (Hal Elrod). The people who skip the hard questions are in the majority, but they are not in demand (Seth Godin). Questions you cannot answer are usually far better for you than answers you cannot question (Yuval Noah Harari).

*\_\_Top wisdom\_\_* What is the point of being alive if we don't even try to do something remarkable (John Greene). Living a life in the pursuit of achieving something extraordinary, is very rare. Most people exist, that is all (Unknown).

We all get one chance to write our life's story. Make today the day that you proactively and consciously decided to write the story you are proud of! (Hal Elrod).

*\_\_Top life-hack\_\_* Remarkable visions and genuine insights are always met with resistance. And when you start to make progress, your efforts are met with even more resistance. Products, services, career paths - whatever it is, the forces for mediocrity will align to stop you, forgiving no errors and never backing down until it's over. If it were any other way, it would be easy. And if it were any other way, everyone would do it and your work would ultimately be devalued. The yin and yang are clear: without people pushing against your quest to do something worth talking about, it's unlikely to be worth the journey. Persist (Seth Godin).

No matter who you are, life will present you similar opportunities where you can prove to be uncommon (David Goggins). Stop waiting for somebody to elevate your game. You are already equipped with everything you need to manifest your own greatness (Germany Kent).

If you want to make positive changes in your life – don't sit on the couch and wait for it. Go out. Make a change. Smile more. Be excited. Do new things. Throw away what you've been cluttering. Be fierce. Don't gossip. Show more gratitude. Do things that challenge you. Be brave (Unknown).

Being extraordinary is a result of choosing to learn, grow, and be a little bit better each day than you've been in the past (Hal Elrod).

In your career, even more than for a brand, being safe is risky. The path to lifetime job security is to be remarkable. Being remarkable is exciting, fun, profitable, and great for your career. (Seth Godin).

Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive (Howard Thurman).

If you cannot do great things, do small things in a great way (Napoleon Hill).

A lot of people think that once they reach a certain level of status, respect, or success, that they've made it in life. I'm here to tell you that you always have to find more. Greatness is not something that if you meet it once it stays with you forever. That shit evaporates like a flash of oil in a hot pan. If you truly want to become uncommon amongst the uncommon, it will require sustaining greatness for a long period of time. It requires staying in constant pursuit and putting out unending effort. This may sound appealing but will require everything you have to give and then some. Believe me, this is not for everyone because it will demand singular focus and may upset the balance in your life (David Goggins).

*\_\_Assimilate\_\_ If you were braver – even 10% braver, think and make a list of things you would be doing with your life?*

*\_\_Suggested reading\_\_* The Greatness Guide (Robin Sharma). Purple Cow (Seth Godin).

### **31. Live life fully while you're here**

*\_\_Introspect\_\_ What would you die for?*

You don't die when your heart stops beating. You die when your heartbeats have no meaning (Unknown).

*\_\_Top life-hack\_\_* Think of yourself as dead. You have lived your life. Now take what's left and live it properly (Marcus Aurelius).

The brave may not live forever, but the cautious do not live at all (Unknown). The more we live life, the less we fear death (Suzanne Vella).

*\_\_Top wisdom\_\_* Live life fully while you're here. Experience everything. Take care of your family, your friends and yourself. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you may as well enjoy the process. Take the opportunity to learn from your mistakes. Don't try to be perfect; just be an excellent example of being human (Tim Robbins). A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing (George Shaw).

The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time (Mark Twain). If you can't live longer, live deeper (Italian Proverb).

*\_\_Top life-hack\_\_* Find a way to fall in love. Not necessarily with another person. But with music, with art. With dancing around the kitchen at 1am, the colour of the sky as the sun sets and the smell of flowers. With exploring new places, laughing so hard your belly hurts

and vanilla ice-cream on a Summers day. With good friends who adore you, the colours of Autumn and the feeling of butterflies in your stomach when you try new things. Fall in love with the little things that make you feel alive and fuel your purpose. Fall in love with life (Unknown).

Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!" (Hunter S. Thompson).

*\_\_Top wisdom\_\_* Death is not the greatest loss in life. The greatest loss is what dies inside us while we live, while we spend our lives in meaningless pursuits, while picking battles to fight that are of no consequence (Unknown).

Remembering that you are going to die is the best way I know to avoid of thinking you have something to lose (Steve Jobs).

*\_\_Top wisdom\_\_* Most of us spend our lives as if we had another one in the bank (Ben Irwin). The saddest part of life lies not in the act of dying, but in failing to truly live while you are alive (Unknown).

You know what hell is? On the last day of your life, the person we became will meet the person we could have become. That feeling then is real hell (Unknown).

*\_\_Top life-hack\_\_* I want to know that if I lay my head down tonight and don't wake up tomorrow, I have emptied myself of whatever creativity is lingering inside, with minimal regrets about how I spent my focus, time and energy. This doesn't happen by accident; it takes intentional and sustained effort. Die empty (Todd Henry).

The most important thing every man should know, is what he would die for (Unknown). Don't be afraid of dying. Be afraid of living with nothing to die for (Unknown).

*\_\_Top wisdom\_\_* One must realize that life has a 0% survival rate. None of us are getting out of here alive. Don't live the same year 75 times and call it a life. One day, your life will flash before your eyes - make sure it's worth watching. At the end of the day, we are all just stories in someone's memory. Make your story a worthwhile narration. (Unknown).

Those who died yesterday had plans for this morning. And those who died this morning, had plans for tonight. Don't take life for granted. In the blink of an eye, everything can change. So, forgive often and love with all your heart. You may never get to have that chance again (@TinyBuddha).

\_\_Top wisdom\_\_ If you spend hours and hours of your life acquiring money and then die without spending all of that money, then you've needlessly wasted too many precious hours of your life. There is just no way to get those hours back. If you die with \$1 million left, that's \$1 million of experiences you didn't have. The question we all must answer is how to make the most of our finite time on earth (Bill Perkins).

Life can change so fast, so unexpectedly. Love when you can, while you can, as much as you can (Mandy Hale).

\_\_Top life-hack\_\_ Do not live half a life and do not die half a death. If you choose silence, then be silent. When you speak, do so until you are finished. If you accept, then express it bluntly. Do not mask it. If you refuse, then be clear about it for an ambiguous refusal is but a weak acceptance. Do not accept half a solution. Do not believe half-truths. Do not dream half a dream. Do not fantasize about half hopes. Half the way will get you nowhere. You are a whole that exists to live a life not half a life (Khalil Gibran).

We do not remember days, we remember moments (Khalil Gibran). But for an individual human being, moments are the thing. Moments are what we remember and what we cherish. Certainly, we might celebrate achieving a goal, such as completing a marathon or landing a significant client—but the achievement is embedded in a moment. Every culture has its prescribed set of big moments: birthdays and weddings and graduations, of course, but also holiday celebrations and funeral rites and political traditions. They seem “natural” to us. But notice that every last one of them was invented, dreamed up by anonymous authors who wanted to give shape to time. This is what we mean by “thinking in moments”: to recognize where the prose of life needs punctuation (Chip Heath & Dan Heath)

\_\_Top life-hack\_\_ Don't die wondering (Unknown).

It's not what life does to you that matters, it's what you do for life which does. Live, truly live (Dani).

You work 8 hours to live 4.

You work 6 days to enjoy 1.

You work 8 hours to eat in 15 minutes.

You work 8 hours of sleep 5.

You work all year just to take a week or two vacation.

You work all your life to retire in old age.

And contemplate only your last breaths.



Eventually you realize that life is nothing but a parody of yourself practicing your own oblivion. We have become so accustomed to material and social slavery that we no longer see the chains... Life is a short journey, live it! (Unknown)

*\_\_Assimilate\_\_ If today were the last day of your life, would you want to do what you are about to do today? And whenever the answer has been "No" for too many days in a row, know that you need to change something. (Steve Jobs).*

### **32. Do not underestimate yourself**

*\_\_Introspect\_\_ Have you tried pushing yourself to achieve beyond what you think you are capable of?*

You weren't born to just pay bills and die (Unknown). There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living (Nelson Mandela). It's wild that when you decide you're worth more, the universe starts opening doors to make it a reality (Cory Allen).

*\_\_Top wisdom\_\_ We are all leaving a lot of money on the table without realizing it. We habitually settle for less than our best; at work, in school, in our relationships, and on the playing field or race course. We settle as individuals, and we teach our children to settle for less than their best, and all of that ripples out, merges, and multiplies within our communities and society as a whole (David Goggins).*

Sometimes we forget how powerful we are. At any moment, we can change everything around us. We alone decide what props us, or what stops us. We lift ourselves up, or we let ourselves down. No one is responsible for us, except us (@BromsThePoet)

*\_\_Top life-hack\_\_ Do not underestimate yourself. You are capable of more than you can ever imagine. Where you are, is not who you are. When life presses in on you the hardest, that is when your breakthrough is near. Press on. Hold yourself to a higher standard daily. Your family, friends and co-workers all look to you for their cues. Greatness is in your DNA. God don't make junk. Chase down your dream like it is the last bus of the night. Go get it! You have something special. You have Greatness within you!! (Les Brown)*

I hope you live a life you're proud of. If you find that you're not, I hope you have the strength to start all over again (F. Scott Fitzgerald). Always remember you are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know (Unknown).

Take yourself seriously. Commit to your goals and dreams. Even when you don't think you can, you can (Unknown).

Find within yourself: The courage to say how you feel. The love to accept yourself. The discipline to make an effort even when you don't feel like it. The awareness to feel and follow your intuition. The appreciation of all the good things in your life. The empathy to do unto others as you'd have done to you. The compassion to dissolve anger. The hope to dissolve sadness. The strength to forgive. And remember the JOY of BEING (Doe Zantamata).

*\_\_Assimilate\_\_ Ask yourself 'What am I capable of?' Keep pushing yourself to do more than you ever thought you could.*

*\_\_Suggested reading\_\_ Can't Hurt Me (David Goggins).*

### **33. Have the courage to try out new things**

*\_\_Introspect\_\_ When was the last time you tried something new, or did something spontaneously?*

Never be afraid to try something new, because life becomes boring when you stay within the limits of what you have been doing and what you already know (Unknown). Create new habits. Meet new people. Try a new routine. Wake up earlier. There are too many possibilities in life to be doing the same thing (Unknown).

*\_\_Top wisdom\_\_ The hallmark of successful people is that they are always stretching themselves to learn new things (Carol S. Dweck). You will enrich your life immeasurably if you approach it with a sense of wonder and discovery, and always challenge yourself to try new things (Nate Berkus).*

You can't fall if you don't climb. But there's no joy in living your whole life on the ground (Unknown). Live your life on the edge – the view is better. Try something new every day. It's the only way to live a full life (Unknown).

*\_\_Top life-hack\_\_ Life is about taking chances, trying new things, having fun, making mistakes and learning from it (Unknown). Fools aren't willing to learn from anyone - not even from the wise, while the wise are willing to learn from everyone - even the fools (Sofa Archon).*

You'll never get bored when you try something new. There's no limit to what you can do (Dr. Seuss). Maybe it won't work out. Maybe it won't be what you wanted. Or it may just be the adventure of a lifetime. Take some chances (Unknown).

*\_\_Top life-hack\_\_* Do one thing every day that scares you (Eleanor Roosevelt). Everyone has a risk muscle. You keep it in shape by trying new things. If you don't, it atrophies. Make a point of using it at least once a day (Roger von Oech). Life shrinks or expands in proportion to one's courage (Anais Nin). That risk you're afraid to take could be the one that may change your entire life (Unknown).

If you do what you've always done, you'll get what you've always gotten (Tony Robbins). Unless you open yourself up to trying new things, you can't find what you love (Unknown).

*\_\_Top wisdom\_\_* A perfectly planned life that never surprises you or challenges you or tests you is a perfectly boring life, not a well-designed life. Embrace the flaws, the weaknesses, the major screwups, and all the things that happened over which you had no control. They are what make life worth living (Bill Burnett & Dave Evans).

One reason people resist change is because they focus on what they have to give up, instead of what they have to gain (Unknown).

*\_\_Top wisdom\_\_* One of the hardest lessons in life is letting go. Whether it's guilt, anger, love or loss. Change is never easy, we fight to hold on, and we fight to let go (Unknown).

Change happens when the pain of holding on becomes greater than the fear of letting go (Unknown).

*\_\_Top wisdom\_\_* If you are not willing to get uncomfortable for a while to make your life better... You will never change it! (Unknown). Change is not a bolt of lightning that arrives with a zap. It is a bridge - built brick by brick, every day, with sweat and humility and slips. It is hard work, and slow work, but it can be thrilling to watch it take shape. (Sarah Hepola).

Imagine eating the exact same dinner every day because you only have the same ingredients. The only hope is going out to procure different ingredients. It's the same with the trajectory of your life. It's made up of the ingredients you've had so far. Want a different life? Go get new ingredients (Kevin Miller).

*\_\_Top wisdom\_\_* Asking what makes someone successful is like asking which ingredient makes a recipe taste good. It's not any single ingredient. It is the combination of many ingredients in the right proportions and in the right order – and the absence of anything that would ruin the mixture (James Clear).

*\_\_Assimilate\_\_ Resolve to try something new every single day. It doesn't have to be anything big. Just try. That is one of the ways you will be excited about the life you live and to keep the routine out.*

### **34. Always put your best foot forward**

*\_\_Introspect\_\_ Are you putting your best foot forward in all aspects of your life?*

The best preparation for tomorrow is doing your best today (H. Jackson Brown, Jr.)  
Doing the best at this moment, puts you in the best place for the next moment (Oprah Winfrey). Nobody who ever gave their best regretted it (Unknown).

*\_\_Top wisdom\_\_ Victory is knowing you've done your best. If you've done your best, you've won (Unknown).*

Success comes from knowing that you did your best to become the best you are capable of being (John Wooden).

*\_\_Top life-hack\_\_ Always put your best foot forward in everything you do – at work, in relationships, how you approach everything in life in general. Don't do it to impress others. Do it for yourself. This single approach would have the most profound impact on every aspect of your life, and watch it do wonders for your self-confidence, self-esteem and self-respect (Unknown).*

Always look at ways to add more value (Unknown). When you ask yourself, 'How can I do better?', your creative power is switched on and ways for doing things better suggest themselves (David Schwartz). The habit of doing more than is necessary can only be earned through practice (Seth Godin).

*\_\_Top life-hack\_\_ Create excellence with what you have now. If you don't create excellence with what you have now, you probably won't get it where you're going. You don't find excellence. You build it, and then it takes you places (Todd Brison). Be so good they can't ignore you (Steve Martin).*

Don't stress. Do your best and forget the rest (Unknown). As long as you're trying your best, that's all that matters (Unknown). If you are doing your best, you won't have any time to worry about failure (H. Jackson Brown Jr.)

The only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it (Steve Jobs).

No matter how they're treating you there is one way to not only earn their respect, but turn the tables. Excellence (David Goggins).

Sometimes the bravest and most important thing you can do is just show up (Brené Brown). Be the person who still tries. After failure, after disappointment, after frustration, after heartache, after exhaustion, be the person who musters up the courage to believe that a new attempt can manifest a new outcome. Be the person who still tries (Michell C. Clark).

*\_\_Assimilate\_\_ Resolve that from this moment on, you are going to do your best in everything you take up – no half measures.*

*\_\_Suggested reading\_\_ The Magic of Thinking Big (David J. Schwartz).*

### **35. Start your day well**

*\_\_Introspect\_\_ How much do you struggle to get up in the morning?*

Own your morning. Elevate your life (Robin Sharma).

*\_\_Top wisdom\_\_* Most people start the day by checking email, texts, and social media. And most people struggle to be successful. It's not a coincidence. Until we dedicate time each day to developing ourselves into the person we need to be to create the life we want, success is always going to be a struggle to attain (Hal Elrod).

Take excellent care of the front end of your day, and the rest of your day will pretty much take care of itself. Own your morning. Elevate your life (Robin Sharma). An hour before 9 is worth 2 after 5 (Ali Abdaal).

*\_\_Top life-hack\_\_* Ask yourself – 'what is one thing you can accomplish today that would make this day a success?' – and start your day with that (Unknown). Do the most important thing first thing in the morning and you will never have an unproductive day in your life (Unknown).

Success comes to those who have the will power to win over their snooze buttons (Unknown). Do not betray the powers that sleep within you by staying too late in a soft bed that keeps you sedated (Robin S. Sharma). How you spend your morning can often tell you what kind of day you are going to have (Lemony Snicket).

*\_\_Top life-hack\_\_* How you wake up each day and your morning routine (or lack thereof) dramatically affects your levels of success in every single area of your life. Focused, productive, successful mornings generate focused, productive, successful days—which

inevitably create a successful life. By simply changing the way you wake up in the morning, you can transform any area of your life, faster than you ever thought possible (Hal Elrod).

Start with the thing you are most motivated to do. Start with a small habit you think is fun and do it consistently. This will not only feel satisfying, but also open your eyes to the type of person you can become. After the first domino falls, you can use the momentum to do a little more (James Clear).

Miracle Mornings are like paying yourself first—in wisdom, productivity, and clarity. When you leverage mornings, it's like you're skimming the cream off the top of the day and giving it to yourself so you can invest it for huge returns (Hal Elrod).

*\_\_Assimilate\_\_ Do the most important task first thing in the morning.*

*\_\_Suggested reading\_\_* The Miracle Morning (Hal Rod), The 5 AM Club (Robin Sharma)

### **36. Don't back away from challenges**

*\_\_Introspect\_\_ What is the biggest challenge you have successfully overcome?*

If you don't challenge yourself enough, you will never realize what you can become (Unknown). The gem cannot be polished without friction, nor man perfected without trials (Chinese proverb).

*\_\_Top wisdom\_\_* The block is not a disruption of the process; it's a part of the process. You must learn how to remove it. The obstacle is not an interruption of the journey; it's a part of the journey. You must develop the skills to move through it. Failure is not the end of the path; it's a part of the path. You must become a wiser, more resourceful person. What you think is trying to stop you is actually moulding you for a greater journey (Emily Maroutian).

Don't miss out on something that could be great just because it could also be difficult (Unknown).

*\_\_Top wisdom\_\_* Challenge and adversity are meant to help you know who you are (Roy T. Bennett). There is nothing like a challenge to bring out the best in a man (Sean Connery). No man is more unhappy than he who never faces adversity. For he is not permitted to prove himself (Seneca).

Every challenge you face today makes you stronger tomorrow. The challenge of life is intended to make you better, not bitter (Roy T. Bennett).

*\_\_Top wisdom\_\_* Every struggle in your life has shaped you into the person you are today. Be thankful for the hard times, they can only make you stronger (Unknown). Who you are is defined by what you're willing to struggle for (Mark Manson).

Just a tip: Never be embarrassed to struggle. There is absolutely no shame in working hard to get to where you want to be (Unknown).

*\_\_Top life-hack\_\_* Go for it. Whether it ends up good or bad, it would be an experience (Unknown). Never let the fear of striking out stop you from playing the game (Babe Ruth). Taking chances almost always makes for happy endings (Barbara Corcoran).

Everyone is hungry, but few are willing to hunt (Unknown). Success is a lonely road, only few dare to take it (Unknown).

*\_\_Top wisdom\_\_* It's the rough side of the mountain that's the easiest to climb; the smooth side doesn't have anything for you to hang on to (Aretha Franklin). Challenge yourself; it's the only path to growth (Morgan Freeman).

We don't grow when things are easy. We grow when we face challenges (Unknown).

*\_\_Top wisdom\_\_* Maybe life isn't about avoiding the bruises. Maybe it's about collecting the scars to prove we showed up for it (Unknown).

Challenges are what make life interesting. Overcoming them is what makes life meaningful (Unknown). The key to life is accepting challenges. Once someone stops doing this, he's dead (Bette Davis).

Life has taught me that you will grow through what you go through. Life has taught me that for every level there is another devil. Life has taught me that the depth of your struggle will determine the height of your success (Eric Thomas).

To be successful, you must accept all challenges that come your way. You can't just accept the ones you like (Mike Gafka).

Who you are today . . . that's who you are. Be brave. Be amazing. Be worthy. And every single time you get the chance? Stand up in front of people. Let them see you. Speak. Be heard. Go ahead and have the dry mouth. Let your heart beat so, so fast. Watch everything move in slow motion. So what. You what? You pass out, you die, you poop? No. And this is really the only lesson you'll ever need to know (Shonda Rhimes).

The problem with smart people is they can come up with a good reason for not doing anything. They are smart enough to find the cracks, to foresee the challenges, and to talk themselves out of the idea. They are experts at justifying their lack of courage or lack of action

with an intelligent excuse. But there will always be reasons to not do something, and this is particularly true of anything worth doing. We value those moments in which we overcame challenge, not those in which we avoided it. Ultimately, action is a choice. The choice to emphasize the reasons for doing it despite the reasons you have for avoiding it. (James Clear).

*\_\_Assimilate\_\_ What do you think has been the one challenge which you have not taken head on and have been avoiding?*

### **37. Don't be afraid to fail**

*\_\_Introspect\_\_ What are some of your biggest failures? What life lessons did you gain from them? Think about what your failures have been preparing you for.*

You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you (Walt Disney).

*\_\_Top wisdom\_\_ Don't fear failure. Not failure, but low aim, is the crime. In great attempts it is glorious even to fail (Bruce Lee).*

Anyone who says failure is not an option has also ruled out innovation (Seth Godin).

*\_\_Top wisdom\_\_ It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default (J.K. Rowling). People who avoid failure also avoid success (Robert Kiyosaki). An essential aspect of creativity is not being afraid to fail (Edwin Land).*

A lot of people are miserable because they expect everything to go right. They're asking for misery (Charlie T. Jones). It's worth emphasizing that failures and hardships are a part of every life, even the well-designed ones (Bill Burnett & Dave Evans). The secret to being wrong isn't to avoid being wrong! The secret is being willing to be wrong. The secret is realizing that wrong isn't fatal (Seth Godin).

*\_\_Top life-hack\_\_ Failure is rarely final and almost never fatal (Rob Yeung). It is hard to beat someone who never gives up. Life is very similar to a boxing ring. Defeat is not declared when you fall down, it is declared when you refuse to rise back up (Unknown).*

What people are afraid of isn't failure. It's blame. Criticism (Seth Godin). How successful you are is really a function of how you deal with failure. If you deal with failure well and you persist, you have a high probability of being successful (Bill Ackman).



An expert is a person who has found out by painful experience all the mistakes that one can make in a very narrow field (Niels Bohr). The secret of being wrong isn't to avoid being wrong! The secret is being willing to be wrong (Seth Godin).

*\_\_Top life-hack\_\_* Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time (Thomas Edison). Reset, refocus, readjust, restart as many times as you need to. Just never give up (Unknown).

Good things come to those who believe, better things come to those who are patient, and the best things come to those who don't give up (Unknown).

*\_\_Top life-hack\_\_* Don't give up because of one bad chapter in your life. Keep going. Your story doesn't end here (Unknown). If you need to start a new chapter in your life, don't wait for the page to turn itself (Unknown).

Success comes to those who don't give up (Unknown). Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong (Ella Fitzgerald).

*\_\_Top wisdom\_\_* Don't be afraid of making mistakes. Mistakes are proof that you are trying (Unknown). You were born to make mistakes, not fake perfection (Unknown). Strive for balance. Never let success go to your head. And never let failure go to your heart (Unknown).

Success is walking from failure to failure with no loss of enthusiasm (Winston Churchill). John Wooden, the legendary basketball coach, says you aren't a failure until you start to blame. What he means is that you can still be in the process of learning from your mistakes until you deny them (Carol S. Dweck).

"But what if I fail?" You will. A better question might be, "after I fail, what then?" Well, if you've chosen well, after you fail you will be one step closer to succeeding, you will be wiser and stronger and you almost certainly will be more respected by all of those that are afraid to try (Seth Godin).

*\_\_Top life-hack\_\_* Fear of failure is higher when you're not working on the problem. If you are taking action, you are less worried about failure because you realize you can influence the outcome (James Clear).

We learn wisdom from failure much more than from success. Probably he who never made a mistake never made a discovery (Samuel Smiles). There is no shame in being wrong, only refusing to learn (Unknown).

In life, there is no gift as overlooked or inevitable as failure. I've had quite a few and have learned to relish them, because if you do the forensics you'll find clues about where to make adjustments and how to eventually accomplish your task (David Goggins).

When we meet real tragedy in life, we can react in two ways--either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength (Dalai Lama XIV).

*\_\_Top life-hack\_\_* Failure is most useful when you give your best effort. If you fail with a lackluster effort, you haven't learned much. Perhaps you could have succeeded with a proper focus. But if your best effort fails, you have learned something valuable: this way doesn't work (James Clear).

May we gather our fears and set them free today. 90% of what we worry about won't ever happen (Unknown).

*\_\_Top wisdom\_\_* Failure is not the falling down, but the staying down. It is not in the stumbling or losing direction, but in the refusing to again look up. True failure comes when you cease to strive for success, forgetting that with every struggle you become stronger, wiser and closer to who you were meant to be. Where others see defeat, may you find opportunity (Unknown).

*\_\_Assimilate\_\_* *What is the one thing that you would definitely do if you knew you would not fail?*

### **38. Play the infinite game**

A finite game is played with the purpose of winning, an infinite game for the purpose of continuing to play (James P. Carse). Life is an infinite game, with no winners or losers. Life is not about winning and losing. It's about learning and playing the infinite game (Bill Burnett & Dave Evans).

*\_\_Top wisdom\_\_* Infinite-minded leaders understand that 'best' is not a permanent state. Instead, they strive to be 'better'. 'Better' suggests a journey of constant improvement and makes us feel like we are being invited to contribute our talents and energies to make progress in that journey (Simon Sinek).

In your journey, there will be 'in-between times' of transition. You may feel lost, confused, angry, unseen, or empty. Don't confuse these times of transition as a forever state

of being or being broken. You are breaking away from what was, creating space for what will be (Marie Satori).

\_\_Top life-hack\_\_ Everything we do in life is either a finite game, one in which we play by the rules in order to win, or an infinite game, one in which we play *with the rules* for the joy of getting to keep playing. Everyone is playing both finite and infinite games all the time. One kind is not better than the other. Baseball is a great game to play, but it doesn't work without rules and winners and losers. Love is an infinite game – when played well, it goes on forever, and everyone plays to keep it going (Bill Burnett & Dave Evans).

Life isn't mainly a matter of doing what you like to do, it's doing what you ought to do and need to do! (Charlie T. Jones).

\_\_Top wisdom\_\_ When you remember that you are always playing the infinite game of becoming more and more of yourself and designing how to express the amazingness of you into the world, you can't fail. With the infinite-game mindset, you are not just adept at failure reduction – you are truly failure immune (Bill Burnett & Dave Evans).

No matter what you or I achieve, in sports, business, or life, we can't be satisfied. Life is too dynamic a game. We're either getting better or we're getting worse. Yes, we need to celebrate our victories. There's power in victory that's transformative, but after our celebration we should dial it down, dream up new training regimens, new goals, and start at zero the very next day (David Goggins).

Are you an experienced scuba diver? Great, shed your gear, take a deep breath and become a one-hundred-foot free diver. Are you a badass triathlete? Cool, learn how to rock climb. Are you enjoying a wildly successful career? Wonderful, learn a new language or skill. Get a second degree. Always be willing to embrace ignorance and become the dumb fuck in the classroom again, because that is the only way to expand your body of knowledge and body of work. It's the only way to expand your mind (David Goggins).

\_\_Suggested reading\_\_ Designing Your Life (Bill Burnett & Dave Evans); The Infinite Game (Simon Sinek).

### **39. Have a growth mindset**

People can have two different mindsets. Those with a 'fixed mindset' believe that their talents and abilities are carved in stone. Those with a 'growth mindset' believe that their talents and abilities can be developed. Fixed mindsets see every encounter as a test of their

worthiness. Growth mindsets see the same encounters as opportunities to improve (Daniel H. Pink). Embarrassment is the cost of entry. If you aren't willing to look like a foolish beginner, you'll never become a graceful master (Ed Latimore).

*\_\_Top wisdom\_\_* Life is a process, not an outcome. Life is all about growth and change. It's not static. It's not about some destination. It's not about answering the question once and for all and then it's all done (Bill Burnett & Dave Evans). The destination doesn't exist. If you achieve all your wildest dreams – dream body, dream income, dream partner – at the very least, you'll have to sustain it. The actions never stop. Fall in love with the process (Taylin John Simmonds).

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence (Carol S. Dweck).

*\_\_Top life-hack\_\_* Change doesn't happen circumstances improve. A change happens when you decide to improve your circumstances (Unknown). Mindset change is not about picking up a few pointers here and there. It's about seeing things in a new way. When people change to a growth mindset, they change from a judge-and-be-judged framework to a learn-and-help-learn framework. Their commitment is to growth, and growth takes plenty of time, effort, and mutual support (Carol Dweck).

The passion for stretching yourself and sticking to it, even (or especially) when it's not going well, is the hallmark of the growth mindset. This is the mindset that allows people to thrive during some of the most challenging times in their lives (Carol S. Dweck).

*\_\_Top wisdom\_\_* Growth requires us to leave something behind. It can be our habits, beliefs, careers, mindset and even people. And this is why making space for grief in the midst of growth is important. You will mourn your former life to make space for a newer you (Unknown).

You grow because you don't give up, because you believe in yourself, because you are stronger than you think you are, and because you have decided to keep going no matter what (Sangeeta Rana). Becoming is better than being (Carol Dweck). Don't overthink life. Trust in your decisions and continue to grow (Unknown).

You don't need to be the person you were a minute ago. You have the right to grow. No apologies (Scott D. Clary).

In the fixed mindset, everything is about the outcome. If you fail—or if you're not the best—it's all been wasted. The growth mindset allows people to value what they're doing regardless of the outcome. They're tackling problems, charting new courses, working on important issues (Carol S. Dweck)

The secret of getting results that last is to never stop making improvements. It's remarkable what you can build if you just don't stop. It's remarkable the business you can build if you don't stop working; the body you can build if you don't stop training; the knowledge you can build if you don't stop learning; the fortune you can build if you don't stop saving; the friendships you can build if you don't stop caring. Small habits don't add up. They compound (James Clear).

Traditionally, life has been divided into two main parts: a period of learning followed by a period of working. Very soon this traditional model will become utterly obsolete, and the only way for humans to stay in the game will be to keep learning throughout their lives, and to reinvent themselves repeatedly. Many if not most humans may be unable to do so (Yuval Noah Harari).

What do I need to accomplish today and how can I have the most fun possible while doing it? (James Clear).

Ultimately, the biggest asset you have is yourself. Your mind. Your body. Your education. Your well-being. Eat well. Exercise. Learn. It opens doors to new opportunities. Invest in yourself (Ankur Warikoo).

\_\_Suggested reading\_\_ Mindset (Dr. Carol S. Dweck)

#### **40. Chase down your dreams**

\_\_Introspect\_\_ Do you have a dream? Are you living it? If the answer is no – why not?

The poor man is not he who is without a cent, but he who is without a dream. (Unknown). It generally feels better to run toward something than to run away from something. Focus on what is pulling you in, not what you're trying to avoid (James Clear).

\_\_Top wisdom\_\_ Believe in your dreams. They were given to you for a reason (Unknown). You are never given a dream without also being given the power to make it true (Richard Bach). Don't let small minds convince you that your dreams are too big (Unknown).

The greatest stories about people, and what they achieved in their lives, are the stories of those people who chose to dream, and then went on to make their dreams come to life (Shad Helmstetter).

*\_\_Top life-hack\_\_* If you are willing to spend 8 hours per day working on someone else's dream – you can afford to spend 1 working on your own (Unknown). No matter how you feel - get up, dress up, show up and fight for your dreams (Unknown). Ten years from now, you want to be able to say you chose this life, not settled for it (Unknown).

You get what you work for, not what you wish for (Howard A Tullman). If you want something bad enough, you will find a way, and you will get it done (Unknown).

It's always better to look back and say, 'I can't believe I did that', than to look back and say, 'I wish I did that' (Unknown). In the end, we only regret the chances we did not take (Lewis Carroll).

*\_\_Top life-hack\_\_* First rule in life: if you never go after what you want, you'll never have it (Unknown). When you truly want something and go after it without limiting yourself with disbelief, the universe will make it happen (Unknown). Never mind what is. Imagine it to be what you want it to be (Unknown).

Maybe regret is the best definition of risk. Risk isn't how much money you might lose. It's not even necessarily how you'll feel when you lose it – over time, a lot of painful experiences turn into cherished lessons. Real risk is the regret (or lack thereof) that might come years or decades later (Morgan Housel).

Stop being afraid of what could go wrong and start being excited about what could go right and do what you have always wanted to (Unknown). Dare to believe your dreams can come true and you'll become a magnet for miracles (Unknown).

*\_\_Top wisdom\_\_* Every moment there are a million miracles happening around you: a flower blossoming, a bird tweeting, a bee humming, a raindrop falling, a snowflake wafting along the clear evening air. There is magic everywhere. If you learn how to live it, life is nothing short of a daily miracle (Sadhguru).

Life is a series of thousands of tiny miracles. Notice them (Unknown). If you don't believe in miracles, perhaps you have forgotten you are one (Unknown). There is a 1 in 400 trillion chance of you being born on Earth. Your life is a miracle. Expect daily miracles; they are your birthright (Unknown).

*\_\_Top wisdom\_\_* It's not about how to achieve your dreams; it's about how to lead your life. If you lead your life the right way, the dreams will come to you (Randy Pausch). As you start to walk on the way, the way appears (Rumi).

The person with big dreams is more powerful than one with all the big facts (Paulo Coelho). Sometimes life is about risking everything for a dream no one can see but you (Unknown). There are many things in life that will catch your eye, but only a few will catch your heart. Pursue those (Unknown).

*\_\_Top life-hack\_\_* There are two mistakes one can make along the road to truth. Not going all the way, and not starting (Siddhrtha Gautama). Never give up on your dreams. Wonderful things take time (Elle Sommer). If you don't give up on something you truly believe in, you will find a way (Unknown).

No one else is supposed to understand your calling. It wasn't a conference call (Unknown). The world is gonna judge you no matter what you do, so live your life the way you want to. There is no rule that says you have to live life like everyone else (Unknown).

If you don't build your dream, someone else will hire you to help them build theirs (Dhirubhai Ambani).

Some of the best days in your life haven't happened yet. Keep going (Unknown).

*\_\_Assimilate\_\_* *What one great thing would you dare to dream if you knew you could not fail? (Brian Tracy).*

#### **41. Focus – the key to great success**

*\_\_Introspect\_\_* *If you had just a year to live, what would you focus on?*

You get what you focus on, so focus on what you want (Unknown). Life is so much brighter when we focus on what truly matters (@thoughtswonder).

In the chaos of everyday life, it's easy to lose sight of what really matters (Gretchen Rubin).

Always focus on what you want to achieve, rather than what you want to avoid (Andy Cope).

*\_\_Top wisdom\_\_* The person attempting to travel two roads at once will get nowhere (Xun Zi). The ability to concentrate single-mindedly on your most important task, do it well and to finish it completely, is the key to great success, achievement, respect, status, and happiness in life (Brian Tracy).

Focus on the step in the front of you, not the whole staircase (Unknown). Don't think about what can happen in a month. Don't think about what can happen in a year. Just focus on the 24 hours in front of you and do what you can to get closer to where you want to be (Eric Thomas).

*\_\_Top life-hack\_\_* Six months of complete focus and hard work can put you five years ahead in life. Work on your fitness for six months and you are in better shape than 90% of people. Work on a business for six months and you're ahead of 90% of the competition. Work on your finances for six months and you're wealthier than 90% of your peers (Unknown).

In a world where information is abundant and easy to access, the real advantage is knowing where to focus. One of the greatest forms of freedom comes from knowing what is important to you. It grants you the freedom to ignore everything else (James Clear).

*\_\_Top life-hack\_\_* Success isn't that difficult; it merely involves taking twenty steps in a singular direction. Most people take one step in twenty directions (Benjamin Hardy). A woodpecker can tap twenty times on a thousand trees and get nowhere, but stay busy. Or he can tap twenty-thousand times on one tree and get dinner (Seth Godin).

Fighting the mind does not work. What works best is learning to focus it. Natural focus occurs when the mind is interested. When this occurs, the mind is drawn irresistibly toward the object (or subject) of interest. It is effortless and relaxed, not tense and overly controlled (Timothy Gallwey).

*\_\_Top life-hack\_\_* Turn into a ghost. Save, hustle, invest, disappear. You don't need an audience to achieve greatness. You need to focus (Unknown). You are not missing anything when you are busy working on your goals and dreams. Stay focused (Unknown).

Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus (Alexander Graham Bell). Set all your goals aside and have just one goal – the goal to be 100% involved in everything that you do (Ravneet S. C).

Multitasking isn't efficiency, it's a con. You're not juggling tasks, you're fragmenting focus. Do one thing, do it well, then move to the next (Scott Clary).

You've got to wake up every morning with determination if you're going to go to bed with satisfaction (Hal Elrod).

*\_\_Assimilate\_\_* Think about and decide on the one thing that you really want – just one thing which is most important to you. Give it your complete focus for the next six months and watch yourself and your life transform.



*\_\_Suggested reading\_\_* Goals (Brian Tracy).

#### **42. Be consistent**

*\_\_Introspect\_\_* Is your behavior consistent with creating who you want to be and for creating your ideal future?

You don't have to be extreme. Just consistent (Unknown). To be consistent in conduct and persistent in efforts are the known keys to success (Tasneem Hameed).

*\_\_Top wisdom\_\_* Greatness is consistency. Meditating once is common. Meditating daily is rare. Exercising today is simple. Training every week is simply remarkable. Writing one essay rarely matters. Write every day and you're practically a hero. Unheroic days can make for heroic decades (Unknown).

Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come (Dwayne Johnson).

*\_\_Top life-hack\_\_* If we want to direct our lives, we must take control of our consistent actions. It is not what we do once in a while that shapes our lives, but what we do consistently (Tony Robbins). Elite producers and everyday heroes understand that what you do each day matters far more than what you do once in a while (Robin Sharma).

Long-term consistency beats short-term intensity (Bruce Lee).

The person we believe ourselves to be will always act in a manner consistent with our self-image (Brian Tracy).

*\_\_Assimilate\_\_* Resolve to consistently behave in a way for creating who you want to be and for creating your ideal future?

#### **43. Get out of your comfort zone**

*\_\_Introspect\_\_* Are you stuck in a place or situation where you have been feeling safe or at ease for too long?

I was waiting for something extraordinary to happen, but as the years wasted on nothing ever did, unless I caused it (Charles Bukowski). Maybe your limiting factor is that you grew up so supported and comfortable, you never pushed yourself? (David Goggins).

*\_\_Top wisdom\_\_* The 'easy' route eventually becomes the harder path. It's easy to stay in our comfort zone and avoid taking the risk. It's easy to skip the exercise routine and scroll through social media. It's easy to procrastinate on our dreams and hope they'll come

true later. The years will pass, and eventually we'll have to face the consequences of those choices. When we feel fatigued, unhappy, or haunted by the dreams we never pursued, we'll wish we had chosen differently at the time. It's not too late. Choose differently now, you'll be glad you did when you're reaping the rewards later (Emily Maroutian).

We can choose courage, or we can choose comfort, but we can't have both. Not at the same time (Brene Brown). Life is hard for two reasons: because you are staying in your comfort zone or you're leaving it (Unknown).

*\_\_Top wisdom\_\_* Comfort is a drug. Once you get used to it, it becomes addicting. Give a weak person consistent stimulation, good food, cheap entertainment and they'll throw their ambitions right out the window. The comfort zone is where dreams go and die (Unknown).

The need for certainty is the greatest disease the mind faces (Robert Greene).

*\_\_Top life-hack\_\_* I want you to start a crusade in your life - I dare to be your best. I maintain that you're a better, more capable person than you have demonstrated so far. The only reason you're not the person you should be is you don't dare to be. Once you dare, once you stop drifting with the crowd and face life courageously, life takes on a new significance. New force take shape within you. New powers harness themselves for your service (William Danforth).

You gotta step out of your comfort zone, be broke for a while, lose some friends, face uncertainty, have some sleepless nights. It's only then, you will go places (Unknown).

*\_\_Top wisdom\_\_* We tend to associate 'comfortable' with what's familiar, and discomfort with change or stepping into the unknown. But stepping into the awkwardness of the unknown is the only place where growth and depth can occur in our inner world or the outer. The unfamiliar can be a scary place or a place for learning and adventure. How we see it and if we step into it will determine how far we will go in life, both into our true selves and out into the world. It doesn't take courage so much as it takes curiosity and an open mind. You can choose to live life or to avoid it. Embrace the adventure (Doe Zantamata).

Risk can be dangerous, but routine can be deadly. Comfort has killed more dreams than daring ever did (Unknown). I hope that one day you find the courage to break free before the chains start to feel comfortable and the cage becomes home (Kristin Mary).

*\_\_Top life-hack\_\_* To be successful, you must be willing to do the things today others won't do in order to have the things tomorrow what others have (Unknown).

You can fit in. Or you can change the world. You don't get to do both (Robin Sharma).

*\_\_Top wisdom\_\_* Life rewards courage. The person who is brave enough to bet on something or someone – as long as they avoid irreversible mistakes like running out of cash or going to jail – is in a position to win (James Clear).

When you're not used to being confident, confidence feels like arrogance. When you're used to being passive, assertiveness feels like aggression. When you're not used to getting your needs met, prioritizing yourself feels selfish. Your comfort zone is not a good benchmark (Dr. Vassilia Binensztok)

If it excites you and scares you at the same time, it probably means you should do it (Unknown).

The road from bad to good often has a little stretch of awful in between. It takes a whole lot of courage to face and go through the awful stretch, but it will be totally worth it when you do (Doe Zantamata). Most of the time you don't need more information, you need more courage (James Clear).

*\_\_Assimilate\_\_* If you keep living the way you are, think about what will your life look like in 20 years? (James Clear)

*\_\_Suggested reading\_\_* Can't Hurt Me (David Goggins)

#### **44. Get out of world of 'good enough'**

*\_\_Introspect\_\_* Have you been settling for good enough – at your job, with your relationships, with life in general?

If you want to fly, you have to give up the wings that weigh you down (Unknown).

*\_\_Top wisdom\_\_* The reason that most people don't possess these extraordinary physical capabilities isn't because they don't have the capacity for them, but rather because they're satisfied to live in the comfortable rut of homeostasis and never do the work that is required to get out of it. They live in the world of 'good enough.' The same thing is true for all the mental activities we engage in (K. Anders Ericsson)

You can't become who you want to be because you are too attached to who you've been. You have to let go (Unknown). Becoming is better than being (Carol Dweck)

There is always room in your life for thinking bigger, pushing limits, and imagining the unimaginable (Tony Robbins). Capacity is a state of mind. How much we can do depends on how much we think we can do. When you really believe you can do more, your mind thinks creatively and shows you the way (David Schwartz).

*\_\_Assimilate\_\_ What have been your greatest accomplishments – personal and professional? List them.*

#### **45. Don't settle for less**

*\_\_Introspect\_\_ Do you get the feeling that you are caught up in the rat race and have settled for an okay life?*

You either GO AFTER the life you want or keep SETTLING for the life you get. The choice is yours (Unknown). We habitually settle for less than our best; at work, in school, in our relationships, and on the playing field or racecourse (David Goggins). You're capable of more than you know. Don't be your own bottleneck (Unknown).

*\_\_Top wisdom\_\_ Don't settle for less. People settle into okay jobs, okay friends and an okay life. Why? Because okay is comfortable. Okay pays the bills and provides a warm bed at night. But okay isn't thrilling, it isn't passionate, it's not life changing or unforgettable. Okay is not the reason you risk absolutely everything you've got for the smallest chance that something absolutely amazing could happen (Kovie Biakolo).*

Make sure your worst enemy doesn't live between your two ears. Everyone is gifted, but some people never open their packages (Unknown). If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life. (Abraham Maslow).

*\_\_Top life-hack\_\_ Never settle. Fight for the life, the career, the dreams, the love that you deserve (Mandy Hale).*

Your entire life changes the day that you decide you will no longer accept mediocrity for yourself (Hal Elrod).

*\_\_Assimilate\_\_ Imagine how you can make the world a better place because you have lived and contributed to its betterment.*

#### **46. Stop making excuses; Don't seek out shortcuts**

*\_\_Introspect\_\_ What is the one thing that you always wanted to do, but never even tried?*

The number one reason people do not reach their goals is that they trade what they want most for what they want now (Zig Ziglar).

*\_\_Top life-hack\_\_* You are either making excuses or making progress (Unknown). When you're good at making excuses, it's hard to excel at anything else (John L. Mason). Live your life as reason-free as you possibly can. It really helps (Bernard Roth).

Most big, deeply satisfying accomplishments in life take at least five years to achieve. This can include building a business, cultivating a loving relationship, writing a book, getting in the best shape of your life, raising a family, and more. Five years is a long time. It is much slower than most of us would like. If you accept the reality of slow progress, you have every reason to take action today. If you resist the reality of slow progress, five years from now you'll simply be five years older and still looking for a shortcut (James Clear).

*\_\_Top wisdom\_\_* The only lies for which we are truly punished are those we tell ourselves (VS Naipaul). Excuses are lies we tell ourselves so that it doesn't have to be our fault (Unknown). If it is important to you, you will find a way. If not, you'll find an excuse (Unknown).

There are some things we just can't do, no matter how much we'd like to. Just make sure "can't" doesn't mean 'Haven't actually really tried yet". (Doe Zantamata).

*\_\_Top life-hack\_\_* The ones who find happiness are the ones who don't make excuses. If it's broken, they fix it. If it is wrong, they make it right (Unknown).

Excuses are for people who don't want it bad enough (Unknown). Be stronger than your strongest excuse (Unknown).

*\_\_Top wisdom\_\_* Most of the excuses I made – not enough time, not enough money, not enough knowledge, not the right connections – were just ways to avoid the real bottleneck: not enough courage. There was always a small step I could have taken—if I had the guts to take it (James Clear).

Maturity is when you stop complaining and making excuses; and start making changes (Roy T. Bennett).

*\_\_Top life-hack\_\_* Reasons are often just excuses, however. We use them to hide our shortcomings from ourselves. When we stop using reasons to justify ourselves, we increase our chances of changing behavior, gaining a realistic self-image, and living a more satisfying and productive life (Bernard Roth).

There aren't any shortcuts to any place worth going. Nothing worth having comes easy and if it does, the feeling won't last. If you can find a path with no obstacles, it probably doesn't lead anywhere (Frank A Clark).

*\_\_Top wisdom\_\_* A lot of us will never be successful in our lives, because the definition of that success is defined by the world and not us! (Ankur Warikoo). The only true measure of success is the ratio between what we might have done and what we might have been on the one hand, and the thing we have made and the things we have made of ourselves on the other (H.G Wells).

The success you are enjoying today is the result of the price you have paid in the past (Brian Tracy).

*\_\_Top life-hack\_\_* Sometimes we are too hard on ourselves and criticize our mistakes to an unhelpful degree. Sometimes we are too easy on ourselves and let excuses run our lives. Which way are you leaning right now? How can you pull yourself back to center? (James Clear).

Life isn't always fair. Some people are born into better environments. Some people have better genetics. Some are in the right place at the right time. If you're trying to change your life, all of this is irrelevant. All that matters is that you accept where you are, figure out where you want to be, and then do what you can, today and every day, to hold your head high and keep moving forward (Lori Deschene).

*\_\_Top wisdom\_\_* Entitlement mentality is defined as a sense of deservingness or being owed a favor when little or nothing has been done to deserve special treatment (Unknown). Entitlement mentality is a danger to your peace. Nobody owes you anything, get up and take responsibility (Lois Ei-kojonwa).

#### **47. Success needs work, Hard work trumps talent**

*\_\_Introspect\_\_* What do you think is your biggest success so far?

Success usually comes to those who are too busy to be looking for it (Unkown).

*\_\_Top wisdom\_\_* Do you know that the harder thing to do and the right thing to do are usually the same thing? Nothing that has meaning is easy. "Easy" doesn't enter into grown-up life (Michael Caine, The Weather Man).

There are no secrets to success. It is the result of preparation, hard work, and learning from failure (Colin Powel).

\_\_Top wisdom\_\_ You want the prize. You want the glory. You want the success. But you don't want the work. You don't want the grind. You don't want the struggle. That's not how it works (Scott D. Clary).

Success never came without a price. It's called sacrifice (Unknown).

\_\_Top wisdom\_\_ Strangely, life gets harder when you try to make it easy. Exercising might be hard, but never moving makes life harder. Uncomfortable conversations are hard, but avoiding every conflict is harder. Mastering your craft is hard, but having no skills is harder. Easy has a cost (James Clear). It takes effort to find love. It takes effort to feel fulfilled. It takes effort to be fit. It takes effort to be happy. Which is why most of us do not have love, fulfilment, happiness or fitness in our life (Ankur Warikoo).

Success is not measured by what you do compared to what others did. It is measured by what you do with the ability God gave you (Zig Ziglar). Success is not being at the top but being where you want to be (Unknown).

\_\_Top life-hack\_\_ Everyone wants to be successful, want to achieve something extraordinary, until they see what it takes to get there and then settle for something far lesser. Maybe life is about roughing it out, collecting the scars and the bruises picked up along the path to prove we lived a worthwhile life. An entire lifetime of not getting a single worthy scratch to show would be such a waste of a life (Unknown). Everyone dreams of being a legend until it comes time to do the work that legends do (Robin S. Sharma).

Success is to be measured not so much by the position that one has reached in life, as by the obstacles which he has overcome while trying to succeed. (Booker T. Washington).

\_\_Top wisdom\_\_ Luck is capricious. It won't always go your way, so you can't get trapped in this idea that just because you've imagined a possibility for yourself that you somehow deserve it. Your entitled mind is dead weight. Cut it loose. Don't focus on what you think you deserve. Take aim on what you are willing to earn! (David Goggins). Hard work puts you where good luck can find you (Unknown).

Every human being wants success. Everybody wants the best this life can deliver. Nobody enjoys crawling, living in mediocrity. No one likes feeling second-class and feeling forced to go that way (David Schwartz).

\_\_Top wisdom\_\_ To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world

a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded (Ralph Waldo Emerson).

When you want to succeed as bad as you want to breathe, then you'll be successful (Eric Thomas). To succeed in life, you need three things: a wishbone, a backbone and a funny bone (Reba McEntire).

\_\_Top life-hack\_\_ Don't aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you must let it happen by not caring about it. Success will follow you precisely because you had forgotten to think about it (Viktor E. Frankl)

\_\_Top wisdom\_\_ Be careful about what you define and pursue as success. Any success that is achieved at the expense of your health, your family, or your character, is not real success and is definitely not worth pursuing. Your future self would never be happy when and if you achieve such a success (Unknown). Slow success builds character, fast success builds ego (Unknown).

Hard work beats talent when talent doesn't work hard (Tim Notke). Dedication and discipline beats brilliance and giftedness every day of the week (Robin S. Sharma).

\_\_Top wisdom\_\_ An overachiever is someone who performs better than expected, not because of innate ability or talent, but rather due to determination and hard work (Ingrid E. Cummings).

Work hard. Tired is much better than disappointed (Unknown). One day you'll look back and realize how hard it was and just how well you did (Charlie Mackesy).

\_\_Top life-hack\_\_ The difference between who you are and who you want to be, is what you do. However hard life may seem, there is always something you can do and succeed at. There is no key to success. Be humble, hungry and always be the hardest worker in the room (Dwayne 'The Rock' Johnson).

You'll have to become addicted to hard work. Because passion and obsession, even talent, are only useful tools if you have the work ethic to back them up (David Goggins).



*\_\_Top life-hack\_\_* You don't need a better computer to become a writer. You don't need a better guitar to become a musician. You don't need a better camera to become a photographer. What you need is to get to work (James Clear).

We need to redefine 'hard work' to include 'hard thinking'. The person who outsmarts you is out working you. The person who finds shortcuts is out working you. The person with a better strategy is out working you. Usually, the hardest work is thinking of a better way to do it (James Clear).

My favorite productivity hack – sit down and work (Unknown). I've never really viewed myself as particularly talented... where I excel is ridiculous, sickening work ethic. I will not be outworked. You might have more talent than me, be smarter than me, you might be sexier than me. You might be all of those things. You got me in nine categories. But if we get on a treadmill together, there's two things. You're getting off first, or I'm gonna die. It's really that simple (Will Smith).

Lucky implies I didn't do anything. Lucky implies something was given to me. Lucky implies that I was handed something I did not earn, that I did not work hard for. I am not lucky. You know what I am? I am smart, I am talented, I take advantage of the opportunities that come my way and I work really, really hard. Don't call me lucky. Call me a badass (Shonda Rhimes).

Whenever you see an overnight success, your eyes deceive you. What you are witnessing is the hour of opportunity unleashing the potential energy of previous choices. It was not one decision, but the accumulated power of all that came before. The fuse was lit on a loaded cannon (James Clear).

*\_\_Assimilate\_\_* Work like there is someone 24 hours a day to take it away from you (Unknown).

#### **48. Don't be a mere spectator; Create more than you consume**

*\_\_Introspect\_\_* How much hours of content do you consume every day – on the web, social media, print media?

Creating something is the perfect way to avoid wasting the precious moments that we have been given. To contribute, to create, to chip into the world around you and to add your line to the world's story — that is a life well lived (James Clear). Give your ideas value by acting

on them (David J Schwartz). Almost. Maybe. Perhaps. Nearly. So Close. – A collection of the Saddest Words (Unknown).

\_\_Top wisdom\_\_ It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat (Theodore Roosevelt).

Life is not happening to you. Life is responding to you. Life is responding to every single action or inaction you take (Unknown). Act as if what you do makes a difference. It does (Unknown). Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it (Margaret Thatcher).

\_\_Top life-hack\_\_ Most of us, by what we do every day, are consumers of content which is created by someone else. An average person consumes 10.5 hours of media every day. This includes surfing the internet, social media, listening to the radio, watching TV and using an app on a phone. We are consumers and consumers of mass amounts of content. Consumption is easy. It doesn't ask much from us. But creating and making stuff is difficult and even vital for us as human beings – for our need to self-actualize and to survive. We must shift our narrative from consumer to creator (Ryan J. Pelton).

If you want to be successful in business (in life, actually), you have to create more than you consume (Jeff Bezos). Wake up every morning eager to create (Crouch).

\_\_Top life-hack\_\_ Deconstruct the cool things you see. If you'd like to become a better musician and you see an amazing performance, start paying attention to how they do it. How did they promote the event? What happens in the first ten seconds of each song? How frequently are they engaging directly with the audience? Is there a progression of energy throughout the show? When something fascinates you, pay attention to the details. The person who thinks, "That was cool" is a consumer. The person who thinks, "How did they

make something that cool?" is on the path to being a creator. Don't just taste the recipe, look for the ingredients (James Clear).

*\_\_Assimilate\_\_ What can you do today to stop being a mere consumer (or a critic) and become a Creator? How can you improve your creator to consumer ratio?*

## Live Intentionally

The next step of your life is to figure out how to live intentionally – it's about identifying a purpose and figuring out how to align yourself to live that purpose every single day.

You have to choose a direction. At least, move in a direction which you feel aligned to. You can always do a course correction as you move forward, but it is important that you choose a direction and move towards it.

### 49. Find fulfilment by living with purpose and meaning

*\_\_Introspect\_\_ What are you living your life for? Are you leading a life filled with purpose and meaning? If no, why not and what can you do to change it?*

Find your purpose. Where the needs of the world and your talents cross, there lies your vocation (Aristotle). When you don't plan a direction in life, you make a choice – that of no choice. This has dull, and sometimes sad consequences (Herbert Fensterheim & Jean Baer). The great thing in the world is not so much where we stand as in what direction we are moving (Oliver Wendell Holmes).

*\_\_Top wisdom\_\_* The mystery of human existence lies not in just staying alive, but in finding something to live for (Fyodor Dostoyevsky). Don't ever attach yourself to a person, a place, a company, an organization or a project. Attach yourself to a mission, a calling, a purpose ONLY. That's how you keep your power and your peace (Erica Williams Simon).

People earn money and buy lavish houses, top-end cars, expensive furniture and live as though comfort and luxury are the chief necessities in life. People don't realize, all they need to make them happy is a purpose, something to be enthusiastic about, something to look forward to (Unknown).

*\_\_Top life-hack\_\_* A meaningful life is not about being rich, being popular, being highly educated, or being perfect. It's about being real, being humble, being able to share and touch the lives of others (Unknown). The purpose of life is not to be (just) happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well (Ralph Waldo Emerson).

The feeling of emptiness is the way your soul reaches out, to let you know that it's purpose of life is still unmet (Unknown). Keep in mind that you're not supposed to 'figure out'

what your purpose is, you get to make it up, create it, decide what you want it to be (Hal Elrod).

*\_\_Top wisdom\_\_* It's not easy to live a purposeful life. But what's far worse is a meaningless life (Unknown). In some ways suffering ceases to be suffering at the moment it finds a meaning. Life is never made unbearable by circumstances, but only by lack of meaning and purpose (Victor Frankl)

A coherent life is one lived in such a way that you can clearly connect the dots between three things: who you are, what you believe, what you are doing (Bill Burnett, Dave Evans).

They say, find a purpose in your life and live it. But, sometimes, it is only after you have lived that you recognize your life had a purpose, and likely one you never had in mind (Unknown).

Work that pays well provides income. Work you enjoy provides joy. Work that offers a product or service you are proud of provides purpose. Work including all the three provides fulfillment. Aim for fulfillment (Kevin Miller).

The difference between happiness and fulfillment is the difference between liking something and loving something. Happiness comes from what we do. Fulfillment comes from why we do it. We don't necessarily find happiness in our jobs every day, but we can feel fulfilled by our work every day if it makes us feel part of something bigger than ourselves (Simon Sinek).

*\_\_Top wisdom\_\_* The purpose of life is to find a cause that's greater than yourself and then to give your life to it (Shimon Peres).

Most of us live our lives by accident—we live as it happens. Fulfillment comes when we live our lives on purpose (Simon Sinek).

Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: true fulfillment (Tony Robbins).

Life is more meaningful when our goal is fulfillment rather than gratification (Unknown). True fulfillment in life doesn't come from what we get, it comes from what we give (Marie Forleo).

What it all boils down to is that alignment is the key to fulfilment.

- Your vision must align with who you want to be
- Your choices must align with your vision
- Your effort must align with the size of your vision

- Your behavior must align with your values and principles (Unknown).

\_\_Assimilate\_\_ Do you have a cause which is bigger than yourself, something you would want to give your life to? Imagine you had unlimited potential and success is guaranteed, what would you choose to do?

\_\_Suggested reading\_\_ Goals (Brian Tracy): Chapter 7 (Decide upon your major definite purpose).

### **50. Have a vision and a plan to go where you want to**

\_\_Introspect\_\_ How do you imagine your future to be?

The first step towards getting somewhere is deciding you're not going to stay where you are (J.P. Morgan).

\_\_Top wisdom\_\_ You must cultivate activities that you love. You must discover work that you do, not for its utility, but for itself, whether it succeeds or not, whether you are praised for it or not, whether you are loved and rewarded for it or not, whether people know about it and are grateful to you for it or not. How many activities can you count in your life that you engage in simply because they delight you and grip your soul? Find them out, cultivate them, for they are your passport to freedom and to love (Anthony de Mello).

If you can imagine it, you can achieve it. If you can dream it, you can become it (William Arthur Ward). Think about a future where you can see yourself being happy, and work on it every single day until it becomes your reality (Roger Lee).

\_\_Top wisdom\_\_ Vision is the bottleneck of talent. Most talent is wasted because people do not clearly know what they want. It's not a lack of effort, but a lack of direction. There are many capable people in the world, but relatively few that focus on what matters (James Clear).

Imagine no limitations; decide what's right and desirable before you decide what's possible (Brian Tracy).

\_\_Top wisdom\_\_ You often feel tired, not because you have done too much but because you have done too little of what sparks a light in you (Alexander Den Heijer).

The key to effective visualization is to create the most detailed, clear and vivid picture to focus on (Unknown) (*Try vision boards*)

\_\_Top life-hack\_\_ Ask yourself- "Who am I?" "What do I want?" "What is my purpose?" "What do I really want?" Keep asking it, over and over, until you feel you have

gained insight into your own desires so you're no longer at the mercy of society's ideas of what is good for you (Bernard Roth).

A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power (Brian Tracy).

*\_\_Top life-hack\_\_* Your competition isn't other people. Your competition is your procrastination. Your ego. The unhealthy food you're consuming, the knowledge you neglect. The negative behavior you're nurturing & your lack of creativity. Compete against that (Unknown).

Thinking isn't just an activity; it manifests as a state of being (Lori Deschene).

Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you're living (Unknown).

*\_\_Assimilate\_\_* *What are you willing to give up to become who you really need to be?* (Elizabeth Gilbert)

*\_\_Suggested reading\_\_* Goals (Brian Tracy).

## **51. Set goals to transform your life**

*\_\_Introspect\_\_* *Do you have a set of goals which you are excited to pursue?*

An average person with average talent, ambition and education can outstrip the most brilliant genius in our society, if that person has clear, focused goals (Brian Tracy). If you wake up without any goals or direction, your days are practically guaranteed to get you nowhere (Hal Elrod). If you are bored with life, if you don't get up every morning with a burning desire to do things – you don't have enough goals (Lou Holtz).

*\_\_Top wisdom\_\_* There is no greater guarantee of a long, happy, healthy, and prosperous life than for you to be continually working on being, having, and achieving more and more of the things you really want. Clear goals enable you to release your full potential for personal and professional success. Goals enable you to overcome any obstacle and to make your future achievement unlimited (Brian Tracy).

The only thing standing between you and your goal is the bullshit story you keep telling yourself as to why you can't achieve it. (Jordan Belfort, *The Wolf of Wall Street*).

*\_\_Top life-hack\_\_* 'Write down your goals, make plans to achieve them, and work on your plans every single day.' This advice, if you followed it, would be of more help to you than

almost anything else you could ever learn. This idea has changed my life and the lives of millions of other people. It will change yours as well (Brian Tracy).

If you want to live a happy life, tie it to a goal, not to people or things (Albert Einstein). Happiness is the progressive realization of a worthy ideal, a goal (Earl Nightingale). You feel truly happy only when you are making progress, step-by-step, toward something that is important to you. Goals give you that sense of meaning and purpose, a clear sense of direction (Brian Tracy).

\_\_Top wisdom\_\_ Animals cannot select their goals. Their goals (self-preservation and procreation) are pre-set. And their success mechanism is limited to these built-in goal-images, which we call instincts. Man, on the other hand, has something animals haven't – Creative Imagination. Thus, man of all creatures is more than a creature, he is also a creator. With this imagination he can formulate a variety of goals. Man alone can direct his success mechanism by the use of his imagination (Maxwell Maltz).

The secret to unleashing your true power is setting goals that are exciting enough that they truly inspire your creativity and ignite your passion (Tony Robbins).

\_\_Top life-hack\_\_ What is the real goal? The real goal is not to 'beat the market'. The goal is to build wealth. The real goal is not to read more books. The goal is to understand what you read. Don't let a proxy become the target. Don't optimize for the wrong outcome (James Clear).

Ever since your goal found out that you were traveling toward it, it has been running to meet you (Paulo Coelho). What you seek is seeking you (Rumi).

\_\_Top life-hack\_\_ You don't get results by focusing on results. You get results by focusing on the habits and behaviors that produce results (Unknown). Don't set a schedule based on results. Don't map out how much weight you want to lose each week or how much money you want to make. "Lose 5 pounds" is not an action you can perform. "Do three sets of squats" is an action you can perform. You want to set a schedule based on actions you can do, not results that you want (James Clear).

Always remember that where you are is a result of who you were, but where you go depends entirely on who you choose to be, from this moment on (Hal Elrod).

You want to set a goal that is big enough that in the process of achieving it you become someone worth becoming (Jim Rohn).



Life is easier when you know what you want—but most people don't take the time to figure out what they want. It's not that we are completely lost, but our efforts are often slightly misdirected. People will work for years and ultimately achieve a lifestyle that isn't quite what they were hoping for—often, simply, because they never clearly defined what they wanted. An hour of thinking can save you a decade of work (James Clear).

*\_\_Assimilate\_\_ If you could accomplish only one goal in the whole world and you were absolutely guaranteed success at that one goal, what one goal would it be? (Brian Tracy). Make a note of it.*

*\_\_Suggested reading\_\_ Goals (Brian Tracy).*

## **52. Find your 'Why?'**

*\_\_Introspect\_\_ What's been the most satisfying thing you've ever done?*

We find more meaning in what we do when we know why we do it (Unknown). The biggest thing that gives you passion and purpose is your why (T. Harv Eker). When you know your why, you can endure any how (Viktor Frankl). When your why is big enough, you will find your how (Unknown).

*\_\_Top wisdom\_\_ Your "Why" is a statement of purpose that describes why you do the work you do and why you live the lifestyle you do. It is your calling. It is your conviction. It is your mission statement. It is a vision of your life and work. It is the thread of your career story. It is your core source of motivation. It is the reference point for all your decisions and actions. It defines who you are and what makes you productive. It's the reason for your life's work. If you are feeling overwhelmed, anxious or unfulfilled, it is because you most likely don't have a clear understanding of your "why". You are working to live up to someone else's "why" in the absence of your own why (Stephen Warley).*

The two most important days in your life are the day you are born and the day you find out why (Mark Twain). Find your why, then no excuses will come between you and your goals (Unknown). You don't just "find" your calling — you have to fight for it. And it's worth the fight (Kate Torgovnick May). Know why you're in the fight to stay in the fight! (David Goggins).

*\_\_Top life-hack\_\_ Find your 'why'. We all have goals and dreams, but most times give up too soon. If your why isn't strong enough, you won't be motivated to keep going. Find that one thing you want so badly that it makes you cry not having it. Discover what it is, imaging*

doing it every day in your mind. Direct all your thoughts, feelings and actions toward your one, true reason why. Make it your life's mission to create it or die trying. This will ensure that no matter what struggles you encounter, you will keep going forever. What's your soul's deepest desire? (Lifetrappblog).

Your direction is more important than your speed (Unknown). Where you spend your attention is where you spend your life (James Clear).

*\_\_Top wisdom\_\_* The great organizations of the country and the great lives in history have been built on the answers to 'why'? You can teach someone to do a task, but that doesn't assure his doing it. But let him discover why and he'll learn *how* in spite of all obstacles. The key is not how to live but *why you are living*. This stimulus will keep you growing (Charlie T. Jones).

*\_\_Assimilate\_\_* Ask yourself 'How will you serve the world? What does the world need that your talent can provide?' (Jim Carrey).

*\_\_Suggested reading\_\_* Start with Why (Simon Senek).

### **53. Discover your passion**

*\_\_Introspect\_\_* What if it does work out exactly how you imagined it or greater. Entertain that thought.

Working hard for something we don't care about is called stress; working hard for something we love is called passion (Simon Sinek). Find your passion, and it's no longer work (La Reid).

*\_\_Top wisdom\_\_* A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself (Abraham Maslow).

Do you know what the scariest thing is? To not know your place in this world, to not know why you're here (Unbreakable). Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid (Albert Einstein).

*\_\_Top life-hack\_\_* We believe that people actually need to take time to develop a passion. And the research shows that, for most people, passion comes after they try something, discover they like it, and develop mastery—not before. To put it more succinctly: passion is the result of a good life design, not the cause (Bill Burnett). Passion comes after you put in the hard work to become excellent at something valuable, not before (Cal Newport)

Honour your calling. Everybody has one. Trust your heart and success will come to you. Passion is energy. Feel the power that comes from focusing on what excites you (Oprah Winfrey).

What you do makes a difference. And you have to decide what kind of difference you want to make (Jane Goodall).

The people who succeed are irrationally passionate about something (Unknown).

\_\_Assimilate\_\_ *If you got what you wanted, what would it look like? Write it down.*

\_\_Suggested reading\_\_ The Element: How Finding Your Passion Changes Everything (Ken Robinson).

#### **54. Listen to your instinct and stay loyal to your intuition**

Intuition is the highest form of intelligence (Bruce Kasanoff).

\_\_Top wisdom\_\_ All too often when we were in school, we were told to pay attention to the rules, the regulations, the classroom lessons. We were asked to listen to our teachers. We were never told that the whole point was to be able to listen to ourselves (Charles Pepin).

There is voice that doesn't use words. Listen (Rumi). Always trust your gut. It knows what your head hasn't yet figured out (Unknown). Your hardest battle is between what you know in your head and what you feel in your heart (Unknown). Sometimes the longest journey we make is the sixteen inches from our heads to our hearts (Elena Avila).

\_\_Top life-hack\_\_ There will be a few times in your life when all your instincts will tell you to do something, something that defies logic, upsets your plans, and may seem crazy to others. When that happens, you do it. Listen to your instincts and ignore everything else. Ignore logic, ignore the odds, ignore the complications, and just go for it. (Judith McNaught).

Don't you dare underestimate the power of your own instinct (Barbara Corcoran). Never discredit your gut instinct. You are not paranoid. Your body can pick up on bad vibrations – it knows the truth. If something deep inside of you says something is not right about a person or situation, trust it (Anna Grace Taylor).

The more you trust your intuition, the more empowered you become. The stronger you become, and the happier you become (Gisele Bundchen). Follow your instincts. That's where true wisdom manifests itself (Oprah Winfrey).

Never apologize for trusting your intuition – your brain can play tricks, your heart can blind, but your gut is always right (Unknown).

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become (Steve Jobs).

When you are confused about something, look inward. Intuition is always there to guide you towards what is good for you. If you feel off about something, most often it's not something you should do (Jitu Das).

Intuition is the only sense our minds argue with. Maybe it's because it isn't globally accepted as a sense yet, but things sure do change when we see it for what it is. Can you imagine arguing with other senses? It would be like hearing the phone ring and thinking, "that phone's really not ringing." Or seeing a car driving straight towards you and thinking, "hmm, I see a car coming straight towards me but maybe I ought to stand here anyway." Your intuition is a sense that's been given to you not to ignore, but to use and help you navigate through life (Doe Zantamata).

\_\_Suggested reading\_\_ Blink: The Power of Thinking Without Thinking (Malcolm Gladwell)

## **55. Chase down your curiosity**

\_\_Introspect\_\_ What are you most curious about?

Understand what you are most curious about and chase it down. It will lead you to your purpose (Unknown).

\_\_Top wisdom\_\_ Curiosity is a defining difference. I've never known a stupid person who was curious, or a curious person who was stupid (Mark Helprin).

Curiosity about life in all of its aspects, I think, is still the secret of great creative people (Leo Burnett). If knowledge is power, then curiosity is the muscle (Danielle LaPorte). Knowledge is the compound interest of curiosity (James Clear).

\_\_Top life-hack\_\_ The important thing is not to stop questioning. I have no special talents. I am only passionately curious (Albert Einstein).

Be curious, Read widely. Try new things. What people call intelligence just boils down to curiosity (Aaron Swartz). Live a life full of humility, gratitude, intellectual curiosity, and never stop learning (Gza).

*\_\_Top wisdom\_\_* To know what you don't know is power. To ask and learn what you don't know is a superpower (Ankur Warikoo). Satisfaction of one's curiosity is one of the greatest sources of happiness in life (Linus Pauling). The cure for boredom is curiosity. There is no cure for curiosity (Dorothy Parker).

The future belongs to the curious. The ones who are not afraid to try it, explore it, poke at it, question it, and turn it inside out (Unknown).

*\_\_Top life-hack\_\_* It's easy to find ways to improve when you are genuinely curious about something. Rather than asking yourself, 'How can I be better at this?' start by asking, 'How can I be more curious about this?' (James Clear).

*\_\_Assimilate\_\_* Make a note of the things you go out of your way to learn about.

## **56. Never stop questioning**

*\_\_Introspect\_\_* Ask yourself 'What am I meant to do in this world?' 'What do I need to do'?

The important thing is to not stop questioning (Albert Einstein). We awaken by asking the right questions (Unknown).

*\_\_Top life-hack\_\_* It's the questions we can't answer that teach us the most. They teach us how to think. If you give a man an answer, all he gains is a little fact. But give him a question and he'll look for his own answers (Patrick Rothfuss).

Next to sound judgement, diamonds and pearls are the rarest things in the world (Jean de la Bruyere).

*\_\_Top wisdom\_\_* Before you try harder, make sure you are walking a path that leads where you want to go (James Clear). Get into the habit of asking yourself 'Does this support the life I'm trying to create?' (Unknown).

The key to wisdom is knowing all the right questions (John A Simone Sr.) The wise man doesn't give the right answers, he poses the right questions (Claude Levi-Strauss). A well-educated mind will always have more questions than answers (Helen Keller).

*\_\_Top life-hack\_\_* Ask the right questions and the answers will always reveal themselves (Oprah Winfrey). The art and science of asking questions is the source of all knowledge (Unknown).

Life is not about good answers, it is about interesting questions (Paulo Coelho).

*\_\_Top life-hack\_\_* Life design is not about having all the answers; it's about asking the right questions. Start with 'What if...?' and see where it takes you (Dave Evans).

Always question the 'why'; don't be satisfied with only knowing the 'how' (Catherine Pulsifer).

It's all right not to know the answers. They will come to you when you least expect it (Unknown).

Depend upon yourself. Make your judgement trustworthy by trusting it. You can develop good judgement as you do the muscles of your body – by judicious, daily exercise. To be known as a man of sound judgement will be much in your favor (Grantland Rice).

*\_\_Assimilate\_\_* Ask yourself every single day 'What do I actually want?' You will soon find an answer.

## **57. Set your priorities right**

*\_\_Introspect\_\_* Do you know what your priorities are?

All we get is time and choices. Be wise with both (Unknown). And every day, the world will drag you by the hand, yelling '*This is important! And this is important! And this is important! You need to worry about this! And this! And this!*' And each day, it's up to you to yank your hand back, put it on your heart and say, 'No. This is what's important' (Iain Thomas).

*\_\_Top wisdom\_\_* Want to give yourself a massive advantage in all you do? Be clear, specific, and honest with yourself about your priorities. A well-developed sense of your priorities will foster confidence, enthusiasm, and discipline. When you're clear about your priorities, you're able to make optimum use of your time, energy, and resources. Priorities inform you without restricting you. They give you valuable perspective to every choice you make (Ralph Marston).

Treat your energy like you would money. Budget it, save it, find ways to increase it, invest it where you know you will get a return. When you place value on your energy like you would value currency, you will be surprised at how much it changes your reality. Our energy is our TRUE currency. Money is just symbolic for exchange of energy. That is why you 'pay' attention (Unknown). You only have so much energy each day. Don't fight battles that don't matter (Joel Osteen). You don't have to attend every argument you're invited to (Unknown).

\_\_*Top life-hack*\_\_ If we gave as much daily priority to our goals, dreams, and desires as we do to eating, social media, and watching shows we'd all be living different lives (Kevin Miller).

Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept (Anna Taylor).

\_\_*Top wisdom*\_\_ Finding something important and meaningful in your life is the most productive use of your time and energy. This is true because every life has problems associated with it and finding meaning in your life will help you sustain the effort needed to overcome the particular problems you face. Thus, we can say that the key to living a good life is not giving a fuck about more things, but rather, giving a fuck only about the things that align with your personal values (Mark Manson).

You have to decide what your highest priorities are and have the courage pleasantly, smilingly, and non-apologetically – to say no to other things. And the way to do that is by having a bigger yes burning inside (Stephen Covey).

\_\_*Top life-hack*\_\_ If something is not a "hell, YEAH!", then it's a no! (James Altucher). Because most of us say yes to too much stuff, and then, we let these little things, mediocre things fill our lives... The problem is, when that occasional, 'Oh my God, hell yeah!' thing comes along, you don't have enough time to give it the attention you should, because you've said yes to too much other little, half-ass, stuff, right? (Tim Ferris)

Sometimes feeling good isn't about picking up more things to do, but about letting go of things that have nothing to do with you. (Curtis Tyrone Jones). '*I don't have time*' means '*It's not a priority.*' We always have time for what matters to us (Laura Vanderkam).

Choosing the priority is as important as working on it (James Clear). I started dividing my to-do list into 1) things I have to do, 2) things I want to do, and 3) things other people want me to do. Life changing! I often don't get to #3 and I finally realized... this is what it means to have boundaries (Jenée Desmond-Harris).

It's important to analyze whether what you want is for yourself or if you want it for the acceptance from others (Unknown).

Age is irrelevant. Ask me how many sunsets I've seen, hearts I've loved, trips I've taken, or concerts I've been to. That's how old I am (Joelle).

At the end of life, what really matters is not what we bought but what we built; not what we got but what we shared; not our competence but our character; and not our success, but our significance. Live a life that matters. Live a life of love (Unknown). In the chaos of everyday life, it's easy to lose sight of what really matters (Gretchen Rubin).

*\_\_Assimilate\_\_ Decide on what you want to be most important to you – these are your highest priorities. Write them down and plan your life around them.*

### **58. Learn to say 'No'**

*\_\_Introspect\_\_ Do you find it difficult to say no to people?*

A "no" is a complete sentence (Annie Lamott). You've gotta keep control of your time and you can't unless you say no. You can't let people set your agenda in life (Warren Buffet). Each day is a new battle to say yes to what matters and say no to what doesn't. Focus is a practice (James Clear).

*\_\_Top wisdom\_\_ Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough (Josh Billings). If you want more time, freedom, and energy, start saying no (Unknown).*

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity (W. Clement Stone)

*\_\_Top life-hack\_\_ Learn to say no. And when you do, don't complain and don't explain. Every excuse you make is like an invitation to ask you again in a different way (Kelly Corrigan). Saying no to small things means saying yes to big things. Real freedom is saying 'no' without giving a reason (Amit Kalantri). Part of the skill of saying no is to shut up afterward and not babble on, offering material for an argument (Judith Martin)*

People in our society always make requests or place demands on others. You must be able to stand up for yourself by the simple process of saying no. If you can't state this simple two-letter word when you want to say it, you begin to lose control of your life (Herbert Fensterheim, Jean Baer).

The ability to say no comes from self-respect (not worth my time) and self-awareness (not something I can do). If you find it hard to say no, you lack either or both (Ankur Warikoo).

Saying no saves you time in the future. Saying yes costs you time in the future. No is like a time credit. You can spend that block of time in the future. Yes is like a time debt. You



have to repay that commitment at some point. No is a decision. Yes, is a responsibility (James Clear).

*\_\_Top wisdom\_\_* The inability to say no has several consequences. It leads you into activities you don't respect yourself for doing. It distracts you from what you really want to accomplish. It produces a lack of communication between you and others (Herbert Fensterheim, Jean Baer).

When you say no, you are only saying no to one option. When you say yes, you are saying no to every other option. No is a choice. Yes is a responsibility (James Clear).

If we don't say yes authentically, we say yes resentfully, and that leads to far more problems than if we'd said no in the first place (Nat Lue).

People think focus means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully. I'm actually as proud of the things we haven't done as the things I have done. Innovation is saying no to 1,000 things (Steve Jobs).

What you decide not to do is probably more important than what you decide to do (Daniel H. Pink).

*\_\_Assimilate\_\_* Before saying yes to anything, take a moment to think about it – does it add value to what you want to do? Does it help you with your overall goals? Does it help you grow?

*\_\_Suggested reading \_\_* Don't Say Yes When You Want to Say No (Herbert Fensterheim, Jean Baer).

## **59. Know your worth and what you deserve**

*\_\_Introspect\_\_* Do you know what you are worth?

Know who you are. Know what you want. Know your worth. Always know the difference between what you're getting and what you deserve. And don't settle for less (Unknown). Your voice is the only thing that can set you apart in a crowded marketplace, and finding it is a journey of a lifetime (Seth Godin).

*\_\_Top wisdom\_\_* Once you realize and believe you deserve better, everything will change. The fire in your heart will be lit and what you think you are worth will change. And chances are you are worth far more than what you are settling for right now (S.C. Lourie).

You will be amazed at what you attract after you start believing in what you deserve (Oui We).

It's a funny thing about life: If you refuse to accept anything but the best, you very often get it (W. Somerset Maugham).

*\_\_Top life hack\_\_* How can anyone see how great you are if you can't see it yourself? Always walk like you deserve to be right where you are (Unknown). You need to start treating yourself how you deserve to be treated, even if you feel that no one else does. Prove to the world you ARE worth something by treating yourself with the utmost respect and hope that other people will follow your example. And even if they don't, at least one person in the world is treating you well: YOU (Carrie Hope Fletcher). You are not selfish for wanting to be treated well (Unknown).

Never allow yourself to be so desperate that you end up settling for far less than you what you deserve (Unknown). Stop shrinking to fit places you have outgrown (Unknown). Be strong enough to let go and wise enough to wait for what you deserve (Unknown).

*\_\_Top wisdom\_\_* If you're undervalued or underpaid, it isn't disloyal to seek a better offer. The highest form of integrity is fidelity to your values, not to your employer. Being treated fairly should be one of those values. Advocating for yourself is not just a right – it's a responsibility (Adam Grant).

Your value doesn't decrease based on someone's inability to see your worth (Unknown). When you start seeing your worth, you'll find it harder to stay around people who don't (Unknown).

Not everyone is going to see your worth, which is why it's so important that you do. You need to be able to clearly see where you should or shouldn't invest and spend your time (Doe Zantamata).

Sometimes God doesn't give you what you think you want, not because you don't deserve it, but you deserve better (Unknown).

*\_\_Assimilate\_\_* From this moment on, start treating yourself like you deserve to be treated. Act like you are worth something.

## **60. Make decisions that are in alignment with who you want to be**

Decide what kind of life you really want, and then say no to everything that isn't that (Unknown). It is in your moments of decision that your destiny is shaped (Tony Robbins).

*\_\_Top life-hack\_\_* The only 5 questions you need to ask yourself when you want clarity: (i) What do I truly want from life? (ii) What are all the ways to get there? (iii) Which of these ways blends the best with who I am today? (iv) What is stopping me from taking that path? (v) Who do I have to become to overcome that fear? (Ankur Warikoo).

When you accept your decisions made you who you are, you'll realize you can decide who you become (Edd Elick). Success is not in what you have, but who you have become (Unknown). The only person you are destined to become is the person you decide to be (Unknown).

*\_\_Top wisdom\_\_* In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing (Theodore Roosevelt).

If there's anything you're not happy about – in your relationships, in your health, in your career – make a decision right now about how you're going to change it immediately (Tony Robbins). You can't go back and change the beginning, but you can start where you are and change the ending (C.S. Lewis).

*\_\_Top life-hack\_\_* You are always one decision away from a totally different life (Unknown). Nothing happens until you decide. Make a decision and watch your life move forward. Only make decisions that support your self-image, self-esteem, and self-worth (Oprah Winfrey).

With every moment of your time, every decision about how you spend your energy and your money, you are making a statement about what really matters to you. If the decisions you make about where you invest your blood, sweat, and tears are not consistent with the person you aspire to be, you'll never become that person. (Clayton M. Christensen).

*\_\_Top wisdom\_\_* If you obsess over whether you are making the right decision, you are assuming that the universe will reward you for one thing and punish you for another. The universe has no fixed agenda. Once you make any decision, the universe works around that decision. There is no right or wrong... (Deepak Chopra).

At times, you have to start all over again. Life wants to take you to a much better place (Unknown). It's never too late to start over. If you weren't happy with yesterday, try something different today. Don't stay stuck, do better (Alex Elle).

*\_\_Top wisdom\_\_* You can rise up from anything. You can completely recreate yourself. Nothing is permanent. You're not stuck. You have choices. You can think new thoughts. You

can learn something new. You can create new habits. All that matters is that you decide today and never look back (Unknown).

As long as you have the ability to think another thought or make another choice, you're not stuck. You are one thought, one choice away from a different outcome (Emily Maroutian).

An unhealed person can find offense in pretty much anything someone does. A healed person understands that the actions of others has absolutely nothing to do with them. Each day you get to decide which one you will be (Unknown).

What motivates your decisions is what you will have more of as results when you act on them. This is important. Your motivations need to be out of love, integrity, honesty, and respect. If they are out of guilt, doubt, or obligation, even towards someone you love, you will only end up with more guilt, doubt, and obligation. Act out of love for others as well as for yourself. If you leave yourself out, your results will leave you out, too (Doe Zantamata).

Life is a series of decisions. Some are easy, some are hard. Some are right, some are wrong. Some will help you, some will hurt. But every decision is an opportunity to learn and grow (Scott D. Clary).

It's never too late to turn it all around. Be honest with yourself and others. If anything you're doing in life is not what you should be doing... stop. Life is way too short to continue in the wrong direction, but the longer that you do, the less time you will have to travel in the right direction (Doe Zantamata).

You don't drown by falling in the water; you drown by staying there (Unknown).

*\_\_Assimilate\_\_ What is the one decision that you take now will have the most impact on where your life is headed? What's one decision you can make today that will save you from making ten more decisions in the future? Make the choice that eliminates other choices (James Clear).*

### **61. Learn to choose wisely**

*\_\_Introspect\_\_ What do you think is your wisest choice so far which has made the most difference in your life?*

We are a sum total of all our choices up until this moment (Unknown).

*\_\_Top life-hack\_\_ Never cut a tree down in wintertime. Never make a decision in the low time. Never make your most important decisions when you are in your worst moods.*

Wait. Be patient. The storm will pass. The spring will come (Robert H.Schuller). Monarch butterflies will not attempt to fly in the rain because the raindrops will damage their wings. They will rest and wait it out. It's self-preservation. It's okay to rest during the storms in your life. Take all the time you need. You will fly again once the storm passes. (Sharyn March, TinyBuddha).

If you are making a decision based on how you feel at that moment, you will probably make the wrong decision (Seth Godin).

\_\_Top life-hack\_\_ HALT Method for Decisions: Before making an important decision ask: 'Am I hungry, angry, lonely, or tired?' If you answered 'yes' to any of them, address it before making your decision (Unknown).

We almost always have choices, and the better the choice, the more we will be in control of our lives (William Glasser).

\_\_Top life-hack\_\_ Spend time creating options. YOU ARE NOT STUCK. Even if the option you create is only marginally better, it will compound subconsciously to make you feel more powerful eventually. The worst enemy in your life is the person who convinces you that you do not have any other choice. That you are stuck. That you do not have options. Often that person is you yourself (Ankur Warikoo).

In a status-driven rat race, you can never win. There'll always be someone who has bigger, shinier, and more expensive things than you. Spare yourself from this (Ankur Warikoo). Having less doesn't make you poor. Always wanting more does (Ankur Warikoo).

\_\_Top wisdom\_\_ Your mind is a suggestion engine. Every thought you have is a suggestion, not an order. Sometimes your mind suggests that you are tired, that you should give up, or that you should take an easier path. But if you pause, you can discover new suggestions. Your thoughts are not orders, merely suggestions. You have the power to choose which option to follow (James Clear).

Wealth is the power to choose. Financial wealth is the power to choose how to spend money. Social wealth is the power to choose who to hang out with. Time wealth is the power to choose how to spend your day. Mental wealth is the power to choose how to spend your attention (James Clear). It is not our abilities that show what we truly are. It is our choices (Harry Potter).

*\_\_Top life-hack\_\_* What you're not changing, you're also choosing (Unknown). Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice (Unknown).

Most of the time, you are a product of your choices, not a victim of your circumstances (Unknown). Choosing is a choice. Indecision is a choice. Doing nothing is a choice. The only difference is that when you choose, you at least have a say in the outcome. So, choosing should be the least fearful of the three options, but ironically it's the one that people most often avoid out of fear (Doe Zantamata).

*\_\_Top life-hack\_\_* Your destiny is going to be the sum of all your decisions. Choose love. Choose honesty. Choose courage. You will learn a lot along the way and love where and who you end up with when it's all said and done (Doe Zantamata).

If you want to, you can find a million reasons to hate life and be angry at the world. Or, if you want to, you could find a million reasons to love life and be happy. Choose wisely (Carl Welsh).

*\_\_Top wisdom\_\_* We must realize that the real impact and consequence of each of our choices and actions—and even our thoughts—is monumental, because every single thought, choice, and action is determining who we are becoming, which will ultimately determine the quality of our lives (Hal Elrod).

Every morning, you have two choices: continue to sleep with your dreams or wake up and chase them (Unknown). Everybody on this earth is given the same amount of time each day – 24 hrs. It all depends on how we use it. It's about making well thought-out choices and managing your priorities (Unknown).

Getting knocked down is a given. Getting up and moving forward is a choice (Zig Ziglar).

Remember, if you don't like a situation, you can either take action to change it or change the way you think about it. Either way, choosing unhappiness is no way to live (Kristen Butler). You can't change the people around you, but you can change the people you choose to be around (Unknown).

*\_\_Top wisdom\_\_* Let us think of life as a process of choices, one after another. At each point, there is a progression choice and regression choice. There may be a movement towards defense, towards safety, toward being afraid; but over the other side, there is the growth choice (Abraham H. Maslow).

There is no one idea for your life. There are many lives you could live happily and productively (no matter how many years old you are), and there are lots of different paths you could take to live each of those productive, amazingly different lives (Bill Burnett & Dave Evans).

*\_\_Top life-hack\_\_* You need to embrace two philosophies: 1. You choose better when you have lots of good ideas to choose from. 2. You never choose your first solution to any problem (Bill Burnett, Dave Evans)

Everything you do is based on the choices you make. It's not your parents, your past relationships, your job, the economy, the weather, an argument or your age that is to blame. You and only you are responsible for every decision you take and choice you make. Period (Wayne Dyer).

Joy does not simply happen to us. We have to choose joy and keep choosing it every day (Henri J.M. Nouwen).

Our lives are defined by opportunities – the ones we miss and the ones we deliberately ignore (Unknown).

Life is a game. You can be a player or a pawn. Make that choice (Unknown).

Sometimes, the challenge isn't to move forward. Ships don't move forward while in the grips of a big storm. To succeed during a storm means just to stay afloat. Don't worry so much about getting ahead. There will be time for that. For now, just get through (Doe Zantamata).

Much of life is about correctly determining on whom and on what we should finally give up (Unknown).

Sometimes it's better to just let things be. Let people go. Don't fight for closure. Don't ask for explanations. Don't chase answers and don't expect people to understand where you're coming from (Unknown).

*\_\_Assimilate\_\_* *What is it that you need to choose right now which you think will have the biggest impact on your life ten years from now?*

## **62. Choose freedom as your ultimate goal**

*\_\_Introspect\_\_* *For how many hours in a day are you free to do whatever you want to do – without anything bothering you?*

Freedom is the oxygen for the soul (Moshe Dayan)

*\_\_Top wisdom\_\_* Money is a tool, not the goal. Freedom is the goal. Don't forget that (Unknown). Don't work for money. Work so that you can do what you want, whenever you want (Unknown/ Elon Musk). Being rich is having money, being wealthy is having time (Unknown).

Always do the right things, for the right reasons with the right people, and the money will take care of itself (Unknown). True riches cannot be bought. You can buy nice cars, fancy homes, 'friends' who go to the club with you. But you can't buy self respect, a chiselled body, true friendship. What cannot be bought, must be earned (Taylin John Simmonds).

*\_\_Top wisdom\_\_* The first thing I learned about having money was that it gives you choices. People don't want to be rich. They want to be able to choose. The richer you are, the more choices you have. That is the freedom of money (Trevor Noah)

You will know that you are completely done with something when you give it up and you feel freedom instead of loss (Emily Maroutian).

The most dangerous risk of all — the risk of spending your life not doing what you want on the bet you can buy yourself the freedom to do it later (Randy Komisar).

People may call what happens at midlife "a crisis," but it's not. It's an unraveling—a time when you feel a desperate pull to live the life you want to live, not the one you're "supposed" to live. The unraveling is a time when you are challenged by the universe to let go of who you think you are supposed to be and to embrace who you are (Brené Brown).

*\_\_Assimilate\_\_* *What changes do you want to start making in your life to be able to free yourself to do what you want to for the majority of your time? Write them down.*

*\_\_Suggested reading\_\_* Rich Dad, Poor Dad (Robert T. Kiyosaki, Sharon Lechter)

## **Work on Yourself Every Single Day**

Once you have taken control over your life and have identified your life's purpose, you need to put in the work to become the kind of person – your ideal self – who will chase your goals down and fulfill your purpose.

Your real self is who you actually are, while your ideal self is the person you want to be (Carl Rogers). The 'ideal you' is not the person you are today, but rather the person you are striving to become tomorrow, next week, next month, next year, and so on. Self-ideal is all about striving to become the very best version of yourself within every role you play (Adam Sicinski).



The image of an ideal self should drive and empower you to grow (Unknown). The bigger the difference in the way a person perceives themselves to be and how they actually are indicates an unhealthy personality. This usually happens because of low self-esteem, anxiety, or a person deceiving themselves to the point of believing their own lies (Unknown).

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem is how much we appreciate and like ourselves regardless of the circumstances. Synonyms or near-synonyms of self-esteem include self-worth, self-regard, self-respect, and self-integrity.

Self-image is the personal view, or mental picture, that we have of ourselves. Self-image is a crucial aspect of an individual's personality that can determine the success of relationships and a sense of general well-being.

Poor self-image may be the result of accumulated criticisms that the person collected as a child which have led to damaging their own view of themselves. A negative self-image is often a cause of dysfunctions and of self-abusive, self-defeating, or self-destructive behavior (APA Dictionary).

### **63. Strive to become your Ideal Self**

*\_\_Introspect\_\_ What kind of person would you like to be?*

We are not given a good life or a bad life. We are given a life. It's up to us to make it good or bad (Unknown). Become the person you've been waiting your whole life to meet (Unknown). The ideal is within you, and the obstacle to reaching this ideal is also within you. You already possess all the material from which to create your ideal self (Thomas Carlyle). Strive not to be a success, but rather to be of value (Albert Einstein).

*\_\_Top wisdom\_\_* Your level of self-esteem determines your level of happiness. Self-esteem is defined as 'how much you like yourself'. Your self-esteem, in turn, is determined by your self-image. Self-image is the way you see yourself and think about yourself in your day-to-day interactions with others. The more your behavior in the moment is consistent with what you feel your ideal behavior should be, the more you like and respect yourself and the happier you are (Brian Tracy).

When you perform an act which wins you your own self-respect, your own self-esteem increases. When you perform any act which causes you to lose self-respect, your self-esteem

dips (Herbert Fensterheim, Jean Baer). What people think about you is not important. What you think about yourself is everything (Unknown).

*\_\_Top life-hack\_\_* It's not who you are that holds you back, it's who you think you are not (Unknown). You are braver than you believe, stronger than you seem, and smarter than you think (A. A. Milne).

Low self-esteem is like driving through life with your handbrake on (Maxwell Maltz). Self-esteem and self-love are the opposites of fear: the more you like yourself, the less you fear anything (Brian Tracy).

*\_\_Top life-hack\_\_* First tell yourself what kind of person you want to be, then do what you have to. Spend some time – real, uninterrupted time – thinking about what's important to you, what your priorities are. Then, work toward that and forsake all the others. It's not enough to wish and hope. One must act – and act right (Ryan Holiday and Stephen Hanselman).

You must recognize your rights and stand up for them. If you do not, other people define your role for you and you stop being yourself (Herbert Fensterheim, Jean Baer).

*\_\_Top wisdom\_\_* Self-respect is not the same as self-confidence or self-esteem. Self-respect is not based on IQ or any of the mental or physical gifts that help get you into a competitive college. It is not comparative. It is not earned by being better than other people at something. It is earned by being better than you used to be, by being dependable in times of testing, straight in times of temptation. It emerges in one who is morally dependable. Self-respect is produced by inner triumphs, not external ones (David Brooks, *The Road to Character*).

The inability to express feelings leads to heartbreaking consequences. Within yourself, you lose contact with your feelings and thus become insensitive to them. Because you have lost control over an important area of your interpersonal relations, you become increasingly resentful and anxious. Your self-esteem declines; your dissatisfactions with yourself and others increase. With others, you limit the amount of closeness you can achieve. You place a tremendous burden on friends and family; they must become mind readers to discover what you feel. Because you never reveal your true self, you can never really be comfortable with others (Herbert Fensterheim, Jean Baer).

Before you diagnose yourself with depression or low self-esteem, first make sure that you are not, in fact, simply surrounded by assholes (William Gibson).

*\_\_Top life-hack\_\_* True change is identity change. The goal is not to read a book, the goal is to *become* a reader. The goal is not to run a marathon, the goal is to *become* a runner. The goal is not to write a book, the goal is to *become* a writer (Unknown). Your habits are how you embody a particular identity. When you make your bed, you embody the identity of someone who is clean and organized. When you study, you embody the identity of someone who is studious. What identity are you embodying today? Who are your habits helping you become? (James Clear).

The best way to change the world is in concentric circles: start with yourself and work your way out from there (James Clear).

*\_\_Top wisdom\_\_* If you're working on changing bad habits, unhealthy thought patterns, negative emotions, or toxic behaviors, know that you are healing a part of this world by healing yourself. Everyone around you will benefit and they will be served by your wholeness. It's hard sometimes and I know you want to quit, but this is the work that ultimately changes the world (Emily Maroutian).

Imagine being bit by a snake and instead of trying to help yourself heal & recover from the poison, you are trying to catch the snake to find out the reason it bit you and prove to it that you didn't deserve that. Now read that again! (Unknown).

*\_\_Assimilate\_\_* Close your eyes and imagine your idealized self with all the traits and qualities you would like to possess. Sit down and write out a description of the kind of person you want to be. Be concrete. Include the way you'd like to dress, things you'd like to talk about, whether you'd prefer to be an introvert or extrovert. Make up a checklist of the traits belonging to the kind of person you'd like to be. List them in order of importance. Keep writing down the outstanding characteristics of your idealized self until you have eight to ten qualities. Then begin to work on becoming this idealized self-image of yourself (Herbert Fensterheim, Jean Baer).

#### **64. Love yourself**

*\_\_Introspect\_\_* Are you being good to yourself?

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world (Lucille Ball). You don't have to change the world. Love yourself and the world will change (Unknown).

\_\_Top wisdom\_\_ You can't just sit there and put everybody's life ahead of yours and think that counts as love (Stephen Chbosky). Remember you are the star of your movie. You are holding the pen and writing your own story. You can't change previous chapters BUT you can write a new ending. Again, remember you are the star, nothing less. Stop giving others power over you. Too many people are playing extras in their own movie (Unknown).

How far would you go for the people you love? Now go that distance for yourself (@loveismyprotest). Stand up for yourself like you would stand up for someone you love (Unknown).

\_\_Top life-hack\_\_ When we really love and accept and approve of ourselves exactly as we are, then everything in life works. It's as if little miracles are everywhere. Our health improves, we attract more money, our relationships become much more fulfilling, and we begin to express ourselves in creatively fulfilling ways. All this seems to happen without our even trying (Louise Hay).

How we treat others is a reflection of how we treat ourselves. It is rare almost impossible, for a mean, conniving, hurtful, racist, bigoted person to truly love themselves (Ankur Warikoo).

\_\_Top life-hack\_\_ We use language to create realities. Use it to create a version of you that you love (Mariela Dabbah).

A constant inner smile, a smile to oneself, insures health, happiness and longevity. Smiling to yourself is like basking in love: you become your own best friend. Living with an inner smile is to live in harmony with yourself (Mantak Chia).

Other people liking you is a bonus. You liking you is the real prize (Unknown). Please love yourself, instead of loving the idea of other people loving you (Unknown). Don't be afraid to sit in the front row at your life (Unknown).

\_\_Top wisdom\_\_ Wouldn't it be so powerful if you fell in love with yourself so deeply that you would do anything to make you happy? The deeper you love yourself, the more the universe will affirm your worth. Then you can enjoy a lifelong love affair that brings you the richest fulfillment from inside out (Alan Cohen).

There has never been another person like you, another day like this, or another moment like this one. Make sure to appreciate the good in all three (Doe Zantamata).

\_\_Top wisdom\_\_ Knowing that we are so much more than our greatest mistakes, our weakest moments, or our most shameful decisions; and realizing that we can be who we want

to be right now, not just in spite of where we've been, but also because of it - this, I've learned, is the foundation of self-love (Lori Deschene).

Stick up for yourself. Love yourself. Respect yourself. Value yourself and your time. You've got to be able to do these things, or else you'll only invite others to walk all over you, and you'll push away those who want to love you and treat you well. Self-sabotage means you're not on your own side (Doe Zantamata).

*\_\_Top wisdom\_\_* Learning how to love yourself doesn't just change the present and future, it also changes the past. When you view your past choices with love, compassion and understanding, you see yourself with forgiving eyes. Not denying anything you did wrong, but accepting and allowing yourself to be free from any more shame. This ends up being a gift for everyone else in your life, too. You become a better version of yourself to everyone you know (Doe Zantamata).

*\_\_Assimilate\_\_* Eat like you love yourself. Move like you love yourself. Speak like you love yourself. Act like you love yourself (Tara Stiles).

## **65. Accept and approve of yourself**

*\_\_Introspect\_\_* Would you like you if you met you?

You don't need to be accepted by others. You need to accept yourself (Unknown). We can't hate ourselves into a version of ourselves we can love (Lori Deschene). Don't be afraid to be who you are. Someone out there needs to meet someone like you (Unknown).

*\_\_Top wisdom\_\_* The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen (Elisabeth Kübler Ross).

Keep your head up; you are so much better than you believe. Someone out there feels better because you exist. Remember that (Unknown).

*\_\_Top life-hack\_\_* You're often too hard on yourself. Take a moment. Sit back. Marvel at your life: at the grief that softened you, at the heartache that wizened you, at the suffering that strengthened you. Despite everything, you still grow. Be proud of this (Unknown). Be kinder to yourself, one thought at a time (Unknown).

Every challenging event you've experienced, each toxic person that you've encountered and all the trials you've endured have been perfect preparation to make you into the person that you now are (Robin S. Sharma).

*\_\_Top wisdom\_\_* Other people can't tell you who you are. They can only see you through their own personal lens; their own history, experiences, trauma, pain, love, memories, dreams, goals, values, beliefs, opinions, etc. They experience life through their unique filter and they can't see you outside their own experience of life. Only you can decide who you are. There is only one you and you can't be judged, evaluated, or defined by anyone else (Emily Maroutian). You have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens (Louise Hay).

Have a high opinion of yourself so that no one else's low opinion of you will affect your emotional state. This isn't about building your ego to feel superior, but to remember everything beautiful about your existence. No one can put you down if you value yourself enough and know who you truly are (Unknown).

If you really want to make a difference in this world, nourish and develop the best things about you and share them. Your qualities, talents, skills, passions, your outlook on life... all of it (Doe Zantamata).

The person you think of as "yourself" exists only for you, and even *you* don't really know who that is. Every person you meet, have a relationship with or make eye contact on the street with, creates a version of "you" in their heads. You're not the same person to your mom, your dad, your siblings, than you are to your coworkers, your neighbours or your friends. There are a thousand different versions of yourself out there, in people's minds. A "you" exists in each version, and yet your "you", "yourself", isn't really a "someone" at all (Luigi Pirandello).

Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you, so you can be who you were meant to be in the first place (Paulo Coelho).

Could you ever give to yourself what you have given to everyone else? (Erin Matlock).

## **66. Forgive yourself**

*\_\_Introspect\_\_* Is there anything you have been punishing yourself repeatedly over several years for?

One of the first steps in being able to truly love, accept and approve of yourself is to forgive yourself (Unknown). Sometimes people let the same problem make them miserable for years when they could just say, 'So What'. That's one of my favorite things to say, 'So What' (Andy Warhol).

\_\_Top wisdom\_\_ In life, we do things. Some we wish we had never done. Some we wish we could replay a million times in our heads, but they all make us who we are. And in the end, they shape every detail about us. So just live. Make mistakes. Have wonderful memories. But never second guess who you are, where you have been and importantly, where it is you're going (Unknown).

It is your job and your responsibility to be honest and to resolve unhealed wounds within yourself. No one else can (Doe Zantamata). Your wound is probably not your fault, but your healing is your responsibility (Denice Frohman).

\_\_Top life-hack\_\_ Release the need to replay a negative situation over and over again in your mind. Don't become a hostage to your past by always reviewing and reliving your mistakes. Don't remind yourself of what should have, could have, or would have been. Forgive yourself. Release it and let it go. Move on (Les Brown). Don't use your past as an excuse as to why you are bitter. Use your past as a reason as to why you are better (Unknown).

Forgive yourself. There are some things in life that you don't see until you do. They can be right there in front of you for years, but from what you were taught or believed, you weren't ever seeing them clearly. Then, one day, you do. You did not waste time and you were not stupid. Likely, every generation in your family kept seeing and teaching what you saw before you saw it differently. You have from now on to put this wisdom to use and make a better life for yourself (Doe Zantamata).

Everyone makes mistakes in life, but that doesn't mean they have to pay for them for the rest of their life (Unknown). Don't cling to a mistake just because you spent a lot of time making it (Unknown).

Forgive yourself for not knowing better at the time. Forgive yourself for the survival patterns and traits you picked up while enduring trauma. Forgive yourself for being what you needed to be (Unknown). Forgive yourself for not having the foresight to know what now seems so obvious in hindsight (Judy Belmont).

\_\_Top wisdom\_\_ Don't Kill Yourself over Closure. Sometimes, closure arrives years later. Long after you stopped searching for it. You're just sitting there, laughing this laugh that

is unapologetically yours. As it trails off, the corners of your mouth hugs your face and it hits you, “I’m happy”. It’s just like that. With no fanfare or epiphany. Suddenly you are grateful for goodbyes that carried you to this moment; to the space you are now holding. (Unknown)

You are under no obligation to be the person you were a year, a month or even a minute ago. You have the right to grow. You have the right to follow your own path and do what is best for you (Unknown).

*\_\_Top life-hack\_\_* Forgive yourself for the dumb thing you said. The thing that didn’t come out right, or sounded much worse out loud than how you ever intended. If it was said to a close person, no matter how long ago, maybe you froze in the moment and didn’t even express that you were sorry and didn’t mean it that way at all. Apologize now if it still bugs you, even if they forgot all about it. Or if it’s someone you no longer speak to, speak it out loud to the air what you’d say if they were there. Release it from your consciousness. Dissolve that little bit of shame and regret for good (Doe Zantamata).

Too often, we carry around those things from our past that hurt us the most. Don’t let past pain rob you of your present happiness. You had to live through it in the past, and that cannot be changed. But if the only place it lives today is in your mind, then forgive, let go and be free (Doe Zantamata).

*\_\_Assimilate\_\_* *Resolve to forgive yourself. Stop replaying a negative situation over and over again.*

## **67. Never be a prisoner of your past**

Never be a prisoner of your past. It was just a lesson, not a life sentence (Unknown).

*\_\_Top life-hack\_\_* There comes a day when you realize that turning the page is the best feeling in the world, because you realize there's so much more to the book than the page you've been stuck on (Unknown).

The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living (Roy T. Bennett).

*\_\_Top wisdom\_\_* It’s easy to look back and question decisions you have made in the past, but it’s unfair to punish yourself for them. You can’t blame yourself for not knowing back then what you know now, and the truth is you made each decision for a reason, based on how you were feeling at the time. As we grow up, we learn and evolve. Maybe the person you are now would have done things differently back then, or maybe you are the person you



are now, because of the decisions you made back then... trust your journey, it will all make sense soon (Unknown).

Just when the caterpillar thought the world was over, it became a butterfly (Unknown). The butterfly does not look back at the caterpillar in shame, just as you should not look back at your past in shame. Your past was part of your own transformation (Anthony Gucciardi).

*\_\_Top life-hack\_\_* No matter how much unfairness you were dealt with, how many times you were disgraced, how many times you were denied what was due to you, what is important is how you reacted at that time. Life's unfairness does not give you a license to walk the wrong path (Krishna to Karna, Mahabharat).

If you don't let your past die, it won't let you live (Unknown). If you never heal from what hurt you, you'll bleed on people who didn't cut you (Unknown).

*\_\_Top Wisdom\_\_* There is a natural rhythm and flow of life. Things come and things go. I believe that when something goes, it is only to make room for something new and better (Louise Hay). There are far, far better things ahead than any we leave behind (CS Lewis).

Be loyal to your future, not your past (Unknown). You can have a quick glance back, but never go there. Your life's journey is forward (Susie Wilson).

Just because you did something wrong in the past doesn't mean you can't advocate against it now. It doesn't make you a hypocrite, you grew. Don't let people use your past to invalidate your current mindset... Growth: A concept. Embrace it (Jo@bra\_josef).

You cannot suffer the past or future because they do not exist. What you are suffering is your memory and your imagination (Unknown).

It's not the future that you're afraid of. It's repeating the PAST that makes you anxious (Unknown).

The past can hurt. But you can either run from it or learn from it (Unknown). If you look back in life and don't think you were an idiot, then you're probably still an idiot (Unknown).

What is past is past. Never go back. Not for excuses. Not for justification. Not for happiness. You are what you are, the world is what it is (Mario Puzo).

Don't look back. You're not going that way (Unknown). The past is a nice place to visit, but certainly not a good place to stay (Unknown).

Life goes in cycles, like seasons. If you've been through a long, long, cold winter, look for the signs of spring: opportunities popping up and little fortunate experiences. Meeting them with skepticism will push them away. Allow your mindset to shift into welcoming them with appreciation and they will increase (Doe Zantamata).

What if the past were a giant, spiral staircase, and right now, today, you are at the top? Would you look at all the struggle, twists and turns, as regrets and wish you could go back just to do it again? Or would you exhale and realize all you have made it through and overcome to arrive here. You don't get to change the past, but you do get to give it a meaning that you choose. A lot of it may have been painful, horrible even, and left wounds you still need to heal or scars that likely won't. But you're here now, and you have a present and a future (Doe Zantamata).

Don't be so tough on yourself about past mistakes, about missed opportunities, about trusting the advice of others over your own intuition. Make amends where you can, forgive yourself for not knowing better before you knew better, and realize that the lessons were needed and had to be learned firsthand. Be tougher on yourself with following through with your ideas, your plans, dreams, and goals, and staying committed to making the changes you want to make to better yourself, your life, and your future (Doe Zantamata).

What you focus on increases. This is why it's so hard to let go of the past when you're dwelling on it all the time. To dwell means to live there. Your present happiness cannot exist if your mind is stuck on the good or bad of the past. You'll either be longing for it or regretting it, all the while missing what's right in front of you. If you want to move on, put as much attention, awareness, and focus as you possibly can on appreciating every present moment. What's good right now? Who in your life is good right now? Focus on these things, and the past will lose its power your present life (Doe Zantamata).

### **68. Find yourself and don't be afraid to be yourself**

*\_\_Introspect\_\_ Do you know who you really are?*

Just be yourself. Let people see the real, imperfect, flawed, quirky, weird, beautiful & magical person that you are (Unknown).

*\_\_Top wisdom\_\_* Once you realise the power of your words, you won't just say anything. When you realise the power of your thoughts, you won't entertain just anything. Once you figure out the power of your presence, you won't just be anywhere. Value yourself.

Don't waste time on trivial matters. Focus on being the best version of you. Thank yourself later. (Unknown).

What we possess is temporary, but what we become is permanent (Devdutt Patnaik).

*\_\_Top wisdom\_\_* Nature never repeats itself. Since time began on this planet, there have never been two snowflakes alike or two raindrops the same. And every daisy is different from every other daisy. Our fingerprints are different, and we are different. We are meant to be different. When we can accept this, then there is no competition and no comparison. To try to be like another is to shrivel our soul. We have come to this planet to express who we are (Louise Hay).

Find yourself. Because when you do, you are going to love who you see. Look beyond the flaws, under the pain, over the doubts, through the past, and into the potential. You're there, and you are wonderful (Doe Zantamata).

*\_\_Top wisdom\_\_* You are the books you read, the films you watch, the people you meet, the dreams you have, the conversations you engage in. Choose carefully what you feed your mind (Unknown).

With repetition, your mind believes what you feed it. Feed it love. Feed it faith. Feed it positivity. As often as you can. If you don't, it runs its own course, which usually ends up being negative. You have to make the conscious choice, over and over until it becomes default (Kristen Butler).

*\_\_Top life-hack\_\_* Don't lose the spark that makes you... you (Unknown). You can't respect yourself if you are afraid to be who you are (Amber Heard).

The best advice I got early on was 'be interesting – not perfect'. Why? Perfection is an unattainable standard. It leads to feelings of inadequacy (and a crippling fear of failure). Embrace what makes you unique. Be interesting – not perfect (Jade Bonacolta).

You must strive to find your own voice because the longer you wait to begin, the less likely you are to find it at all (John Keating, Dead Poets Society). Find yourself by getting lost in all the things you love (Unknown).

Don't be afraid to be yourself even if it means removing yourself from lives that you want to be in. You are, no doubt, worthy of being valued for who you are. So be who you are. (Najwa Zebian).

*\_\_Top life-hack\_\_* Be bold enough to live life on your terms, and never, ever apologize for it. Go against the grain, refuse to conform, take the road less traveled instead of the well-

beaten path. Laugh in the face of adversity, and leap before you look. Dance as though EVERYBODY is watching. March to the beat of your own drummer. And stubbornly refuse to fit in (Mandy Hale). Life isn't as serious as the mind makes it out to be (Eckhart Tolle).

Being called weird is like being called limited edition. It means you're something people don't see that often. Remember that (Andy Biersack).

It takes nothing to join the crowd. But it takes everything to stand alone (Unknown). To be yourself in a world which is doing its best day and night to make you like everybody else means to fight the hardest battle which any human being can fight and never stop fighting (E.E. Cummings).

No one ever made a difference by being like everyone else (P.T. Barnum). Be different. Be original. Nobody will remember a specific flower in a garden filled with thousands of the same yellow flower, but they will remember the one that managed to change its color to purple (Suzy Kassem).

You bring you wherever you go. You bring your joy, your sadness, your happiness, your anger, your presence, ... wherever you go. You affect people and leave an impression on them, both about who you are and on how they felt about themselves when they were with you. You leave a memory wherever you've been. A memory of how you hurt or helped, took away, or added to each of those lives that you touched. It's your legacy. Remember that. Always (Doe Zantamata).

*\_\_Assimilate\_\_ When was the last time you did something that was totally out of character – without the fear about what others think of you.*

### **69. Be confident – self-confidence is a superpower**

*\_\_Introspect\_\_ What areas of your life do you feel confident about?*

Confidence is the ability to take action, however challenging it may feel at the time (Rob Yeung). Confidence isn't walking into a room thinking you're better than everyone. It's walking in not having to compare yourself to anyone at all (Unknown).

*\_\_Top wisdom\_\_ If you wish to be the king of the jungle, it's not enough to act like a king. You must be the king. There can be no doubt. Because doubt causes chaos and one's own demise (Unknown).*

Confidence is not something that you are born either with or without (Rob Yeung). Confidence is something you create within yourself. It begins by believing in who you are (Unknown). Self-confidence comes with self-awareness (Unknown).

*\_\_Top life-hack\_\_* Be the same person privately, publicly and personally. Confidence in yourself begins by believing who you are. Your only obligation in any lifetime is to be true to yourself (Richard Bach).

Lack of confidence kills more dreams than lack of ability (Unknown). Self-confidence is a superpower. Once you start to believe in yourself, magic starts happening (Unknown).

Confidence comes not from always being right, but not fearing to be wrong (Peter T. McIntyre). Confidence comes from keeping the promises you made to yourself (Unknown).

Be confident. Just be YOU. You've got something they don't, and that's enough. You have within you, right now, everything you need to deal with whatever the world can throw at you (Brian Tracy).

*\_\_Suggested reading\_\_* Confidence (Rob Yeung), Self-confidence (Charles Pepin).

## **70. Build self-belief**

No matter where you're at in life, it only takes one big win to set you up forever. Keep going (Unknown).

*\_\_Top life-hack\_\_* Never think that what you have to offer is insignificant. There will always be someone out there who needs what you have to give (Unknown).

Believe you can and you are halfway there (Unknown).

*\_\_Top wisdom\_\_* Some of Life's greatest blessings start out as broken hearts, paper bags, and pink slips. If you get dumped, experience poverty, or get fired, it's rough. It knocks you down. But you'll come out wiser, more appreciative, and free from an experience that wasn't a failure, it just wasn't right for you. You deserve to be loved, be comfortable, and appreciated. Those things just opened your life up for better things to follow and take their rightful place in your life (Doe Zantamata).

Allow yourself to be proud of yourself and all the progress you've made. Especially the progress no one else can see (Unknown).

*\_\_Top wisdom\_\_* In order to succeed, we must first believe that we can (Unknown). Belief is the thermostat that regulates what we accomplish in life. Study the fellow who is shuffling down there in mediocrity. He believes he is worth little, so he receives little. He

believes he can't do big things, and he doesn't. He believes he is unimportant, so everything he does has an unimportant mark. As times goes by, lack of belief in himself shows through in the way the fellow talks, walks, acts. Unless he readjusts his thermostat forward, he shrinks, grows smaller and smaller, in his own estimation. And, since others see in us what we see in ourselves, he grows smaller in the estimation of the people around him (David Schwartz).

If you need something to believe in... Start with yourself (Unknown). Whatever you do may seem unimportant, but is very important that you do it. Everything and everyone in this world are connected. Every little good act builds another in some way. The energy created within an individual may seem tiny and insignificant when sent out, but it will continue to ripple and build in one way or another through every person it touches (Doe Zantamata).

\_\_Top life-hack\_\_ Always believe in yourself. A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on its own wings. If you aren't there yet, do whatever it takes to get that level of trust and belief about yourself (Unknown). Trust your wings. You have everything you need to soar (Unknown). You are enough; always have been, always will be (Unknown).

Keep doing your thing. Even if you don't see the light yet, hold on. The darkness is paving the path for light to come in. Even if it seems unpopular, even if no one else is doing it, you have to keep on believing things will work out. (Dhiman).

\_\_Top life-hack\_\_ You wouldn't plant a seed and then dig it up every few minutes to see if it has grown. So why do you keep questioning yourself, your hard work and your decisions? Have patience, stop overthinking and keep watering your seeds (Steven Bartlett).

Sometimes, when things are working out for you, they might appear as if they are not working out for you. It's only in retrospect that we can see those moments as the catalysts they were, because without them, true change is not possible. Some things need to fall apart, shift around, or disappear in order to make way for better things to show up or come together. This is all a part of the process of life. Nothing has gone wrong. Everything is ultimately working out for you. Everything is right on time (Emily Maroutian).

\_\_Top wisdom\_\_ One thing I realized is that everything always ends up working out. Sometimes even better than you can imagine. Remember this when you feel like you're in a hard place or you feel like you're being challenged the most. Believe in where you're headed. See the bigger picture (Unknown).

You can't develop confidence without self-compassion and self-trust. You must believe you won't demean or belittle yourself when faced with mistakes, failures, or setbacks before you can walk in this world confidently. You must be on your own team, supporting, rooting and encouraging yourself before you can succeed (Emily Maroutian).

*\_\_Top life-hack\_\_* Don't think you deserve the job? Apply for it anyways. Don't think your article is good enough? Publish it anyways. Don't think they'll reply to your email? Send it anyways. Don't self-reject (Sahil Lavingia).

Don't forget - no one else sees the world the way you do, so no one else can tell the stories that you have to tell (Charles de Lint).

*\_\_ Assimilate \_\_ Believe in what you pray for (Unknown).*

## **71. Build self-discipline**

*\_\_Introspect\_\_* Do you always deliver what you promised on time? How often have you made your friends wait for you for something which you had committed?

Discipline is doing what needs to be done, even if you don't want to do it (Unknown). If we don't discipline ourselves, the world will do it for us (William Feather). Do not disregard/neglect even the smallest of disciplines (Jim Rohn). Don't expect to be motivated every day to get out there and make things happen. You won't be. Don't count on motivation. Count on discipline (Jacko Willink).

*\_\_Top wisdom\_\_* Eventually, you will either suffer the pain of discipline or the pain of regret. If you don't sacrifice for what you want, what you want becomes the sacrifice (Unknown).

Build your self-discipline and there won't be a single thing that you can't accomplish (Unknown). Discipline is the strongest form of self-love. It is ignoring current pleasures for bigger rewards to come. It's loving yourself enough to give yourself everything you've ever wanted (Unknown).

*\_\_Top life-hack\_\_* Discipline is just choosing between what you want now and what you want most (Unknown). The number one reason people do not reach their goals is that they trade what they want most for what they want now (Zig Ziglar).

The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term, is the indispensable prerequisite for success. Disciplining yourself to do what you know is right and important, although difficult, is the

highroad to pride, self-esteem, and personal satisfaction (Brian Tracy). So much advantage in life comes from being willing to look like a failure in the short term (Shane Parrish).

*\_\_Top wisdom\_\_* Every time you choose to do the easy thing, instead of the right thing, you are shaping your identity, becoming the type of person who does what's easy, rather than what's right. On the other hand, when you do choose to do the right thing and follow through with your commitments—especially when you don't feel like it—you are developing the extraordinary discipline (which most people never develop) necessary for creating extraordinary results in your life (Hal Elrod).

Your level of success is determined by your level of discipline and perseverance (Unknown). You will never always be motivated, so you must learn to be disciplined (Unknown).

*\_\_Top life-hack\_\_* Some things don't need prayer, they need discipline. God already told you what to do, you're just procrastinating (Unknown). Your fate is determined by discipline rather than desire (Unknown).

A well-built physique reflects you worked hard for it, no money can buy it. You cannot borrow it, you cannot inherit it, you cannot steal it. You cannot hold onto it without constant work. It shows discipline, it shows self-respect, patience, work ethic, and passion (Arnold Schwarzenegger).

If you love life, don't waste time, for time is what life is made up of (Bruce Lee).

Don't expect to be motivated every day to get out there and make things happen. You won't be. Don't count on motivation. Count on discipline (Jacko Willink).

*\_\_Assimilate\_\_* Always choose the right way, not the easy way out.

## **72. Build your character**

Character is what you are in the dark. When nobody is watching. When nobody knows what you do or even think. That's your truest colors right there (Unknown).

*\_\_Top wisdom\_\_* One of the most underrated ingredients of having a good life is a clear conscience. To know you aren't out there doing people wrong and hiding who you are, lets you sleep peacefully at night. Karma is real, energy is contagious (Unknown).

Practice doing what your conscience tells you is right. This prevents a poisonous guilt complex from developing. Doing what's right is a very practical rule for success (David Schwartz).



*\_\_Top wisdom\_\_* Our character is not defined by the battles we win or lose, but by the battles we dare to fight. The hardest battle you are ever going to fight is the battle to be you. Everyone has their opinion on what you should do and what's good for you. They don't want you to find your own answers but want you to believe theirs - that is when self-doubt creeps in. Always try finding your own answers (Unknown).

Money doesn't make a man. Muscles don't make a man. Tattoos don't make a man. Character is what makes a man. Let a man's character be his currency that will tell you what he's really worth (Unknown). A person in 2 months can make you feel what a person in 2 years couldn't. Time means nothing, character does (Unknown).

*\_\_Top wisdom\_\_* Your character will outweigh any lie told about you. Those that know you, KNOW you (Unknown). Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are (John Wooden).

Two things define you – your patience when you have nothing and your attitude when you have everything (Unknown).

*\_\_Top life-hack\_\_* Stay soft. Do not let the things that have hurt you turn you into a person you are not (Unknown). Never let the hard lessons harden your heart. The hard lessons of life are meant to make you better, not bitter (Unknown).

Act the way you'd like to be and soon you'll be the way you act (Unknown).

### **73. Have courage**

What can death do to you that life has not already done? What do you fear? (Robert F. Roe).

*\_\_Top life-hack\_\_* Without courage we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest (Maya Angelou).

You have brilliance inside of you, but only if you can find the guts and grit to pull it out of yourself (James Clear).

*\_\_Top wisdom\_\_* Fear has only one story to tell. Fear has only one thing to say. It begins and ends with no. No is a complete sentence. Nothing is born from it. Nothing gets past it. There is no story. There is no life. There is no progress. There is no adventure. There is no risk. There is no gain. There is nothing in fear but more fear. Nothing but more no's to follow. Fear perpetuates its nothingness through your non-action. It gives birth to itself over

and over again every time you validate it. 'No, I can't.' The story ends there. Nothing ventured. Nothing gained. Fear stopped you because you told its story instead of your own (Emily Maroutian).

Sometimes, what you're most afraid of doing is the very thing that will set you free (Unknown).

\_\_Top wisdom\_\_ Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest. He who is not courageous enough to take risks, will accomplish` nothing in life (Maya Angelou). Life shrinks or expands in proportion to one's courage. (Anais Nin).

Deep down in the human spirit there is a reservoir of courage. It is always available, always waiting to be discovered (Pema Chodron). Most of us have far more courage than we ever dreamed we possessed (Dale Carnegie). Courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers fear (Nelson Mandela). Courage isn't pretending you have no regrets. Courage is staring your regrets in the eye -- and doing something about them (Daniel Pink).

\_\_Top life-hack\_\_ Some of the best moments in life come from doing things that scare you the most (Unknown). Do what scares you until it doesn't (Unknown).

We never know what we're capable of until we're thrust into situations which test our strength, will and courage. It's during these times that our deep rooted will to survive surfaces and we realize that even as the world collapses around us, we will rise. We will always rise (Unknown/ @PhoenixMode). Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't (Rikki Rogers).

Only when we are brave enough to explore the darkness will we discover the infinite power of our light. Courage starts with showing up and letting ourselves be seen. The willingness to show up changes us, it makes us a little braver each time (Brené Brown).

I tell my kids, what is the difference between a hero and a coward? What is the difference between being cowardly and being brave? No difference. Only what you do. They both feel the same. They both fear dying and getting hurt. The man who is cowardly refuses to face up to what he's got to face. The hero is more disciplined and he fights those feelings off and he does what he has to do. But they both feel the same, the hero and the coward. People who watch you judge you on what you do, not how you feel (Cus D'amato, the legendary boxing trainer of Mike Tyson and other top fighters).

Be not afraid of life. Believe that life is worth living, and your belief will help create the fact (William James).

Strength grows in the moments you think you can't go on, but you keep going anyway (Unknown).

\_\_Suggested reading\_\_ Daring Greatly (Brené Brown)

#### **74. Stay motivated**

\_\_Introspect\_\_ Do you feel you lack energy and enthusiasm to get up and go about your day?

Motivation is like fire. Unless you keep adding fuel to it, it dies (Unknown). People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily (Zig Ziglar). I began to learn my problem wasn't how to motivate people – my problem was how to keep them from demotivating me (Charlie T. Jones).

\_\_Top wisdom\_\_ You often feel tired, not because you have done too much but because you have done too little of what sparks a light in you (Unknown).

You are too valuable to work a 9 to 5 job for the rest of your life (Unknown). Don't work 8 hours for a company and then go home & not work on your own goals. You are not tired, you are uninspired (Unknown).

\_\_Top life-hack\_\_ Nothing sustains motivation better than belonging to the tribe. It transforms a personal quest into a shared one. Previously, you were on your own. Your identity was singular... When you join a book club or a band or a cycling group, your identity becomes linked to those around you. Growth and change are no longer an individual pursuit. We are readers. We are cyclists. The shared identity begins to reinforce your personal identity. This is why remaining part of a group after achieving a goal is crucial to maintaining your habits. It's friendship and community that embed a new identity and help behaviors last over the long run (James Clear).

Motivation often comes after starting, not before. Action produces momentum (James Clear). Motivation is what gets you started. Habit is what keeps you going (Unknown).

\_\_Top life-hack\_\_ Celebrate your personal victories because no one else understands what it took to achieve them (Unknown). When others don't celebrate you, celebrate yourself. When others don't appreciate you, appreciate yourself. It's not their job to keep you encouraged, it's yours. Encouragement should come from inside (Elle Sommer).

It's impossible to have a meaningful conversation about happiness without understanding what makes each of us tick. When we find ourselves stuck in unhappy careers—and even unhappy lives—it is often the result of a fundamental misunderstanding of what really motivates us (Clayton M. Christensen).

For artists, scientists, inventors, schoolchildren, and the rest of us, intrinsic motivation—the drive to do something because it is interesting, challenging, and absorbing—is essential for high levels of creativity (Daniel H. Pink).

*\_\_Top wisdom\_\_* Some people get involved with their work but are not committed. Others are committed but don't get deeply involved. The two go together, and I'm convinced that there is no way to learn to be a motivated person without being totally involved and committed to whatever you are engaged in (Charlie T. Jones).

Most people think they lack motivation when they really lack clarity (James Clear).

Motivation 1.0 presumed that humans were biological creatures, struggling to obtain our basic needs for food, security and sex. Motivation 2.0 presumed that humans also responded to rewards and punishments. That worked fine for routine tasks but incompatible with how we organize what we do, how we think about what we do, and how we do what we do. We need an upgrade. Motivation 3.0, the upgrade we now need, presumes that humans also have a drive to learn, to create, and to better the world (Daniel H. Pink).

*\_\_Suggested reading\_\_* Drive (Daniel H. Pink)

## **75. Seek continuous self-improvement**

*\_\_Introspect\_\_* Are you striving to improve yourself daily?

Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it (Brian Tracy). The test of a student is not how much he knows, but how much he wants to know (Alice Wellington Rollins).

*\_\_Top wisdom\_\_* Working out will make you feel weak, when it's actually making you stronger. Learning new things will make you feel dumb, when it's actually making you smarter. Investing in yourself will make you feel broke, when it's actually making you rich. Facing your fears will make you feel terrified, when it's actually making you braver. Never hold yourself back. Strive to be better tomorrow than you were today. Thank yourself later. (Alex Wolfe).

Those who are comfortable appearing foolish in front of others in order to learn, are the wise ones (Ankur Warikoo).

*\_\_Top wisdom\_\_* The man who graduates today and stops learning tomorrow is uneducated the day after (Newton D. Baker). Learning never exhausts the mind (Leonardo da Vinci).

There is no shame in not knowing; the shame lies in not finding out (Russian proverb). The gateways to wisdom and knowledge are always open (Louise Hay).

*\_\_Top wisdom\_\_* The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn (Unknown). Those people who develop the ability to continuously acquire new and better forms of knowledge that they can apply to their work and to their lives will be the movers and shakers in our society for the indefinite future (Brian Tracy).

Don't be cheap on your journey to your greatness. Invest hugely in yourself (Unknown). Remember you are your greatest investment (Unknown).

*\_\_Top wisdom\_\_* Your level of success will seldom exceed your level of personal development, because success is something you attract by the person you become (Hal Elrod).

If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you (Zig Ziglar). If I only had an hour to chop down a tree, I would spend the first 45 minutes sharpening my axe (Abraham Lincoln).

*\_\_Top life-hack\_\_* The goal is not to be better than the other man, but your previous self (The Dalai Lama). Every day, wake up and make it your mission to be better than yesterday (Unknown). If you only do what you can do, you'll never be better than what you are (Master Shifu).

In your life, the person that you will spend most time with is yourself. So, try to make yourself as interesting as possible (Unknown). The best work you'll ever do is working on you (Unknown). Become addicted to constant and never-ending self-improvement (Anthony J. D'Angelo). Put yourself at the top of your to-do list every single day and the rest will fall in place (Unknown).

*\_\_Top life-hack\_\_* If you will eat three times a day you will be fed. But if you read three times a week, you will be wise (Shimon Perez). If you can get yourself to read 30 minutes a day, you're going to double your income every year (Brian Tracy).

Can you spare an hour a day? Let me have seven hours a week, and I will make a scholar and a philosopher out of you; in four years you shall be as well educated as any new-fledged Doctor of Philosophy in the land (Will Durant).

Reading is the nourishment that lets you do interesting work (James Clear). Read an hour every day in your chosen field. This works out to about one book per week, fifty books per year, and will guarantee your success (Brian Tracy).

A person who won't read has no advantage over one who can't read (Mark Twain). Reading is to the mind what exercise is to the body and prayer is to the soul. We become the books we read (Hal Elrod).

A reader lives a thousand lives before he dies... The man who never reads, lives only one (George RR Martin). The more you read, the more things you will know. The more you learn, the more places you will go (Dr. Seuss).

Keep reading. It's one of the most marvelous adventures that anyone can have (Lloyd Alexander). The most dangerous person is the one who has read only one book (Unknown).

Remember, you are the same today as you will be in five years, except for two things: the people you meet and the books you read. Choose both carefully (Charlie Jones)

Your outer world improves only after you've invested countless hours improving yourself (Hal Elrod).

New day, new life. Look at everything today as if it's happening for the first time. Does it allow you to be happy? If you'd just started it today, would you still do it? Loyalty doesn't mean being miserable most of the time and just because it's been that way for many years, doesn't mean it should be that way for many more years. If change needs to happen, now is the best time to start (Doe Zantamata).

You are not starting all over again with nothing. You are starting all over again with wisdom (Doe Zantamata).

Every small choice takes you a step closer to the person you want to become. Keep in mind that you've never been this person before, so you will need to take actions you've never taken before. Establishing new habits is essential to creating your new life. Keep taking new steps, keep making new choices, keep growing, and above all, keep believing in your future self (Emily Maroutian).

*\_\_Assimilate\_\_ Resolve to read a minimum of 30 minutes a day on any topic which interests you – make no excuses.*

## 76. Develop an ability to make sound judgements

*\_\_Introspect\_\_ Do you trust yourself for the decisions you make?*

Next to sound judgement, diamonds and pearls are the rarest things in the world (Jean de la Bruyere).

*\_\_Top wisdom\_\_* The problem is not people being uneducated. The problem is that they are educated just enough to believe what they've been taught and not educated enough to question what they've been taught (Richard Feynman).

The earth is crying for people who make sound judgement and informed decisions (Sunday Adelaja).

*\_\_Top wisdom\_\_* When there is information missing, when we don't know the full details, when we can't get a sense of the big picture, we fill in the details with our fears, doubts, and insecurities. Instead of allowing it to unfold naturally and reveal what needs to be revealed, we jump to conclusions. We believe more in the negative possibilities than in the positive ones, and so we respond accordingly. We shoot ourselves in the foot before we've even started the journey (Emily Maroutian).

Too often people find it easier just to stick with what they believe. Using what they've heard or their own biases, they often make assumptions about others even before meeting them. They even ignore their own perceptions to make them conform to foregone conclusions. These assumptions muck up our perceptual windows onto the world, showing us an unchanging – often flawed – version of the situation (Chris Voss).

*\_\_Top wisdom\_\_* Nearly all misfortunes in life come from false notions. Therefore, a profound knowledge of people and sound judgement bring us closer to happiness (Stendhal).

When life gets scary and difficult, we tend to look for solutions in places where it is easy or at least familiar to do so, and not in the dark, uncomfortable places where real solutions might lie (Unknown).

*\_\_Top life-hack\_\_* Depend upon yourself. Make your judgement trustworthy by trusting it. You can develop good judgement as you do the muscles of your body – by judicious, daily exercise. To be known as a man of sound judgement will be much in your favor (Grantland Rice).

Self-control is the exercise of inner strength under the direction of sound judgement that enables us to think, say and do the right thing (Unknown).

Good judgement comes from experience and often experience comes from bad judgement (Rita Mae Brown).

Poor leadership is building a great team and doing everything you can to hold onto control. No leader can build and sustain a great company without trust (Unknown).

Great negotiators are able to question the assumptions that the rest of the involved players accept on faith or in arrogance, and thus remain more emotionally open to all possibilities, and more intellectually agile to a fluid situation. In negotiation, each new psychological insight or additional piece of information revealed heralds a step forward and allows one to discard one hypothesis in favor of another. You should engage the process with a mindset of discovery. Your goal at the outset is to extract and observe as much as possible (Chris Voss).

No man should judge unless he asks himself in absolute honesty whether in a similar situation he might not have done the same (Viktor Frankl). In the last analysis, sound judgement will prevail (Joseph Cannon).

(In this method,) You don't ask, what do I want from life? You ask a different set of questions: What does life want from me? What are my circumstances calling me to do? In this scheme of things, we don't create our lives; we are summoned by life (David Brooks).

Simplify. What can be done in three steps should never be done in four. Each link in the chain is a potential breaking point. Fewer links means fewer chances of failure (James Clear).

## **77. Focus on the lesson**

\_\_Introspect\_\_ *What do you focus on in difficult situations, when things go wrong?*

There are no mistakes in life, just lessons! If you focus on the 'hurt', you will continue to suffer. If you focus on the 'lesson', you will continue to grow (Unknown).

Whatever chapter of life you're in, be in it. Pay attention. Your life is always teaching you something. There's a lesson, a connection, a redirection, or an opportunity for growth. Trust that this chapter is preparing you for something amazing that hasn't happened yet (Mel Robbins).

Life is a succession of lessons which must be lived to be understood (Unknown).

\_\_Top wisdom\_\_ Nothing ever goes away until it has taught us what we need to know. If we run a hundred miles an hour to the other end of the continent in order to get away from



the obstacle, we find the very same problem waiting for us when we arrive. It just keeps returning with new names, forms, manifestations until we learn whatever it has to teach us about where we are separating ourselves from reality, how we are pulling back instead of opening up, closing down instead of allowing ourselves to experience fully whatever we encounter, without hesitating or retreating into ourselves. (Pema Chodron).

There's always a blessing in disguise in every situation. Something far greater always comes out of moments that test you. Keep going. Keep rising. Keep believing (Unknown).

\_\_Top life-hack\_\_ Replacing "Why is this happening to me?" with "What is this trying to teach me?" will change your life (Unknown). Switching your mentality from 'why is this happening to me' to 'what is this trying to teach me' is a game changer (Beckie Hughes).

A writer – and, I believe, generally all persons – must think that whatever happens to him or her is a resource. All things have been given to us for a purpose, and an artist must feel this more intensely. All that happens to us, including our humiliations, our misfortunes, our embarrassments, all is given to us as raw material, as clay, so that we may shape our art (Jorge Luis Borges).

\_\_Top wisdom\_\_ Without rain, nothing grows. Learn to embrace the storms in your life. There are some things you can only learn in a storm (Unknown). And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about (Haruki Murakami)

We all have lessons to learn. The things that are so difficult for us are only the lessons we have chosen for ourselves. If things are easy for us, then they are not lessons, but are things we already know (Louise L. Hay). You learn nothing from life if you think you're right all the time (Unknown).

A lot of people from your past will be returning to see if you have learned previous lessons. Forget the past but remember the lesson (Unknown). So many people from your past know a version of you that no longer exists anymore. Growth is beautiful (Unknown).

The older you get, the quieter you become. Life humbles you so deeply as you age. You realize how much nonsense you've wasted time on (Unknown). The older you get, the more you realize you have no desire for drama, conflict and any kind of intensity. You just want a cozy home, a nice book and a person who knows how you drink your coffee (Anna LeMind).

*\_\_Top wisdom\_\_* Rock bottom will teach you lessons that mountain tops never will (Unknown). A hungry stomach, an empty pocket and a broken heart can teach the best lessons of life (Unknown).

On the days you feel like giving up, just get through. These days can be so bad that they make you forget things were different and make you doubt if they will ever get better, but they will. Just get through (Doe Zantamata). If you aren't winning, you must be learning. There's no defeat in failing. There is, in giving up. The number one skill in life is not giving up (Unknown).

To accept our past, it helps to reframe our stories and give a positive meaning to even the most difficult life events. We may have no power to change the past, but we do have the power to change the meaning we assign to it (William Ury).

If you could erase all the mistakes of your past, you would also erase all of the wisdom of your present. Remember the lesson, not the disappointment (Unknown).

Defeat is the end of the way you did things before. But it's also the very beginning of the way that you do things from now on. You are wiser now. Use your wisdom and step forward into creating your brand-new wonderful life (Doe Zantamata).

Sometimes, you get what you want. Other times, you get a lesson in patience, timing, alignment, empathy, compassion, faith, perseverance, resilience, humility, trust, meaning, awareness, resistance, purpose, clarity, grief, beauty and life. Either way, you win (Unknown).

*\_\_Assimilate\_\_* When things are going wrong, remember to ask yourself 'what is this trying to teach me'?

## **78. Be assertive**

Assertiveness is not what you do, it's who you are (Shakti Gawain). It is not aggressive to speak up, it is assertive (Herbert Fensterheim, Jean Baer).

*\_\_Top wisdom\_\_* Assertiveness is the courage to be ourselves and show the world our likes and dislikes, our thoughts, feelings, and shortcomings. It's about communicating honestly with family, friends and colleagues. As we become more assertive, we drop the mask and show our true selves. We proclaim 'this is who I am, this is what I feel, and these are my needs' (Unknown). Knowing what you feel is not enough; you must express it and express it appropriately (Herbert Fensterheim, Jean Baer).

There's boldness in being assertive: There's strength and confidence (Bryan Cranston).

*\_\_Top life-hack\_\_* You must recognize your rights and stand up for them. If you do not, other people define your role for you, and you stop being yourself. What you do serves as the basis for your self-concept. The more you stand up for yourself and act in a manner you respect, the higher will be your self-esteem. The extent to which you assert yourself determines the level of your self-esteem. Therefore Assertion = Self-esteem (Herbert Fensterheim, Jean Baer).

As long as you act assertively, you maintain your self-esteem. If you have doubts whether a specific act was assertive, ask yourself whether it increased your self-respect even slightly. If it did, it was assertive. If not, it was unassertive (Herbert Fensterheim, Jean Baer).

To be assertive, you must develop goals. Goals direct. Without them, you lack a sense of purpose. Goals motivate you to succeed. Goals reinforce self-esteem and help you attain a higher sense of self-worth (Herbert Fensterheim, Jean Baer).

In this world, you get what you ask for; you just have to ask correctly. So, claim your prerogative to ask for what you think is right (Chris Voss).

If you have to lower your very reasonable standards in order to keep someone in your life, understand that you're either going to have to lose them or lose yourself. Choose wisely. Choosing love means choosing to keep yourself (Doe Zantamata).

*\_\_ Suggested reading \_\_* Don't Say Yes When You Want to Say No (Herbert Fensterheim, Jean Baer). Never Split the Difference (Chris Voss).

## **79. Remain humble**

Humility is the solid foundation of all virtues (Confucius). Life is a long lesson in humility (James M. Barrie). The higher we are placed, the more humbly we should walk (Marcus Tullius Cicero). Whatever happens, you can't stop the sun from rising. That's the finest lesson in humility you can get (Eric Rohmer).

*\_\_Top wisdom\_\_* Whatever you're doing, a sense of superiority will make you worse at it. Humility, on the other hand, will make you better. The moment you think you've got it all figured out, your progress stops. Embrace the power of confident humility and live well (Ralph Marston).

Humility is the surest sign of strength (Thomas Merton). Pride makes us artificial, and humility makes us real (Thomas Merton). The measure of greatness is in humility, simplicity, and in kindness (Unknown).

*\_\_Top life-hack\_\_* Simplicity and humility, not power or status, will bring you joy and happiness (Unknown). Humility will open more doors than arrogance ever will (Zig Ziglar).

Honesty, sincerity, simplicity, humility, pure generosity, absence of vanity, readiness to serve others – qualities which are within easy reach of every soul – are the foundations of one's spiritual life (Nelson Mandela).

*\_\_Top wisdom\_\_* In the struggle against your own weakness, humility is the greatest virtue. Humility is having an accurate assessment of your own nature and your own place in the cosmos. Humility is an awareness that your individual talents alone are inadequate to the tasks that have been assigned to you. Humility reminds you that you are not the center of the universe, but you serve a larger order (David Brooks).

Being humble means recognizing that we are not on earth to see how important we can become, but to see how much difference we can make in the lives of others (Gordon B. Hinckley).

Keep your head up in failure, and your head down in success (Jerry Seinfeld). Sense shines with a double luster when it is set in humility. An able and humble man is a jewel worth a kingdom (William Penn).

The thing that makes a man truly great is not his wealth or power, but the humility with which he carries himself (Mencius).

Humility is the solid foundation of all virtues. Without humility, no other virtue is genuine (Confucius).

The greatest friend of truth is Time, her greatest enemy is Prejudice, and her constant companion is Humility (Charles Caleb Colton).

We come nearest to the great when we are great in humility (Rabindranath Tagore).

## **80. Take care of yourself**

*\_\_Introspect\_\_* How are you, really?

Take care of yourself first or you will have nothing left to give others. Self-care is not selfish. You cannot serve from an empty cup (Unknown).

*\_\_Top wisdom\_\_* Maybe instead of doing more it would be beneficial to take some time to appreciate how far you've come on this difficult journey. You'll exhaust yourself if you keep moving forward without appreciating and rewarding yourself for all that you've accomplished so far. Stop and celebrate your small wins every once in a while. When you

eventually look back, you'll discover that they weren't actually small after all (Emily Maroutian).

Be happy on purpose. Go outside. Stretch. Read a book. Call a friend. Meditate. Write in a journal. Drink water. Eat good food. Breathe. Learn something new. Express gratitude. Chase the sun. Dance. Create Magic (Unknown).

*\_\_Top wisdom\_\_* Self-care: the active process of making your body and mind a pleasant place to inhabit, by filling your own cup first. This ensures you have enough to give others (Unknown)

Take care of yourself so you can take care of everything else you want to take care of (Unknown).

*\_\_Top wisdom\_\_* Most of the time, health comes from peace of mind, peace in the heart, peace of the soul. It comes from laughter and love (Unknown). Good health is the most important thing. More than success, more than money. More than power (The Godfather II). A healthy person has a thousand wishes, a sick person just one (Tony Robbins).

Your diet is not only what you eat. It is what you watch, what you listen to, what you read, and the people you hang around with. Pay attention to what you feed your soul, not just your stomach (Matt McMillen Ministries).

*\_\_Top life-hack\_\_* The best investment you can ever make is in your own health. No other self-investment even comes close. Make your happiness and personal growth a priority in your life. The more you take care of yourself, the more you can take care of others (Unknown).

When you start taking care of yourself, you start feeling better, you start looking better; and you even start to attract better. It all starts with you (Unknown). You won't feel the way you want to feel until you take care of yourself the way you need to (Unknown).

*\_\_Top life-hack\_\_* Destroy the idea that you have to be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, and reflection are essential parts of the progress towards a successful and ultimately happy life (Unknown).

Never underestimate the power of a hot shower, clean sheets, and a long nap (Unknown).

Learn to work harder on yourself than you do on your job. If you work hard on your job, you'll make a living, if you work hard on yourself you can make a life (Jim Rohn).

Fit is not a destination, it is a way of life (Unknown). Every day is another chance to get stronger, to eat better, to live healthier and to be the best version of you (Unknown).

*\_\_Top life-hack\_\_* It is okay if you are not feeling yourself right now. Take a deep breath and let go of all the pressure. Take a walk in nature, listen to the birds. Smile at a stranger. This is all that really matters (Unknown). There are two places you need to go often (i) The place that heals you (ii) The place that inspires you (Unknown).

Sometimes we need to remind ourselves that – we can't be everything to everyone; having needs does not make us needy; it's OK not to be OK all the time; our struggles do not define us; our feelings are valid; it's OK to feel a little lost at times; hard days pass, they always do; compassion over judgement helps heal; we are human; we matter, too; (Helen Marie).

*\_\_Top life-hack\_\_* Taking time to do nothing often brings everything into perspective (Doe Zantamata). Almost everything will work again if you unplug it for some time, including you (Anne Lamott).

Rest is not idle, is not wasteful. Sometimes rest is the most productive thing you can do for body and soul (Erica Layne). Respect your body when it's asking for a break. Respect your mind when it's seeking rest. Honor yourself when you need a moment for yourself (Unknown). You find relief in sleeping. When you're sleeping, you're not sad, angry or lonely. You feel nothing (Unknown).

*\_\_Top life-hack\_\_* Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe, and have faith that everything will work out for the best (Unknown). Some days life is all about your dreams, hopes and visions for the future. But there are some days where life is just about putting one foot in front of the other. And that's okay too (Unknown).

Yutori (Japanese): Intentionally slowing down to simply be, breathe, listen and appreciate the beauty of nature and life. Consciously creating space to relax, reflect, and integrate rather than being constantly busy or rushed (Unknown).

*\_\_Assimilate\_\_* *Resolve to take care of yourself.*

## **81. Strive for inner peace**

*\_\_Introspect\_\_* *Are you at peace with yourself and with everything and everyone else around you?*

Be selective with your battles. Sometimes peace is better than being right (Unknown).

*\_\_Top wisdom\_\_* A man settles where he finds peace. Not money, not beauty, not status, but peace (Unknown).

If you can't find happiness where you are, find peace (Doe Zantamata).

*\_\_Top wisdom\_\_* When someone is at war with themselves, it will be very hard for them to be peaceful with you. Remember that (Alex Elle).

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be (Wayne W. Dyer).

*\_\_Top wisdom\_\_* To be calm is the highest achievement of the self (Zen proverb). Do not let the behavior of others destroy your inner peace (Dalai Lama). Life is short. Don't wait around for apologies. Your peace is worth more than their acknowledgment (Unknown). Inner peace begins the moment you choose not to allow another person or event to control your emotions (Unknown).

Silence is not always a sign of weakness; it's also a sign of strong self-control (Anonymous). Speak only if it improves the silence (MK Gandhi). It is important to eliminate from conversations all negative ideas, for they tend to produce tension and annoyance inwardly (Norman Vincent Peale).

*\_\_Top wisdom\_\_* Silence and Smile are two powerful tools. 'Smile' is the way to solve many problems and 'Silence' is the way to avoid many problems (Unknown).

If you stay silent about the problem to keep the peace, there is a zero percent chance that the problem gets fixed (Kalen Dion).

*\_\_Top life-hack\_\_* If it costs you your peace, it is too expensive (Paulo Coelho). Set peace of mind as your highest goal and organize your life around it (Unknown). You have to make peace with yourself. Or the battle inside of you will spill over on to all of the things you love. And everything will become war (Kalen Dion).

The best way to find inner peace is by simplifying your life (Unknown). Walk in the direction where your peace is found (Steven Aitchison).

*\_\_Top wisdom\_\_* If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present (Unknown).

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever (St. Francis de Sales). Peace of mind comes from knowing that this too shall pass (Brendon Burchard).

Peace - it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart (Unknown).

Your peace is more important than driving yourself crazy trying to understand why something happened the way it did (Unknown).

You don't have to be positive all the time. It's perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn't make you a 'negative person'. It makes you human (Lori Deschene).

We don't need to identify concrete solutions to all our problems. We don't need to create the illusion of control amid uncertain circumstances. We need to accept that our biggest problem is fighting the way things are, and then consciously choose to stop battling ourselves. We have to choose to be in this moment instead of scheming toward something better. This moment is a new opportunity to let go of everything that's stressing us. This moment is a new chance to take a deep breath so that we don't feel so overwhelmed. This moment is a tiny lifetime, all in itself, and we have the choice to live it (Lori Deschene).

Don't worry about wanting what other people think you should want. Peace in your heart is an achievement. Calm in your mind is an achievement. Kindness in your actions is an achievement. These are worthy goals (Unknown).

Being at peace means that: You no longer have the need to prove anything to anyone. You don't need outside validation. You don't need to tell your side of the story anymore even when you hear a dozen rumors that tell an untrue version. You used to guard your heart, but now you guard your peace because you know your peace is worth more than proving yourself to anyone (Unknown).

May your day be filled with love, peace, joy and laughter. These are the true gifts of life (Doe Zantamata).

*\_\_Assimilate\_\_ What can you do right now to find your inner peace?*

## **82. Learn to present yourself**

*\_\_Introspect\_\_ Have you been ignoring your appearance, how you present yourself in public?*

Presenting yourself well means you take care of yourself inside and out. At the very least, dress well, keep clean, walk, talk, exude confidence, show consideration for others,



behave politely, and generally keep things light and lightweight and on an even keel in most situations with most people (Robert Charles See).

*\_\_Top wisdom\_\_* Appearance matters a great deal because you can often tell a lot about people by looking at how they present themselves (Daniel Handler). People will see you as you present yourself. Learn to present yourself well (Being Caballero).

We are evaluated and classified by four things: by what we do, by how we look, by what we say, and by how we say it (Dale Carnegie).

*\_\_Top life-hack\_\_* When you look good, you feel good. Confidence with what you're wearing is very important. If you feel good, you will always perform your best without worrying about anything (Maria Sharapova).

Dressing well is a form of good manners. It's a show of respect to try to put on your best face and look as good as you can (Tom Ford).

If you look good, you feel good. And if you feel good, you do good (George St-Pierre).

Never underestimate the power of a good outfit on a bad day (Unknown). I strongly believe that if you dress well, you look good, and when you look good, you feel good and when you feel good, you worry less, and the less you worry the more you are able to stay motivated and focused on your goals and by doing so you are able to live a more fulfilling and successful life (Kobi O. Mbagwu).

*\_\_Assimilate\_\_* Resolve to invest time and resources in presenting yourself well in public.

### **83. Stay hopeful; Choose to be an optimist**

*\_\_Introspect\_\_* Are you making problems bigger than what they really are by continuously talking about them and giving them more mind space than they actually deserve?

Talking about our problems is our greatest addiction. Break the habit. Talk about your joys instead (Unknown). Don't make your view of the problem bigger than the problem itself (@bruce\_chant).

*\_\_Top life-hack\_\_* If every morning, you can find a reason to say 'Yes, it's going to be a beautiful day'. And every night, you find a reason to say, 'Yes, it was a beautiful day.' Then one day, you'll look back and easily say, 'Yes... it was a beautiful life.' (Doe Zantamata).

Constantly scanning the world for the negative comes with a great cost. It undercuts our creativity, raises our stress levels, and lowers our motivation and ability to accomplish goals (Shawn Achor).

*\_\_Top wisdom\_\_* Optimism is the one quality more associated with success and happiness than any other (Brian Tracy). Optimism is the most important human trait, because it allows us to evolve our ideas, to improve our situation, and to hope for a better tomorrow (Seth Godin).

Always believe that something wonderful is about to happen (Unknown). Look for the good in every person and every situation. You'll almost always find it (Brian Tracy).

*\_\_Top life-hack\_\_* Positivity is a choice. The happiness of your life depends on the quality of your thoughts. Remember, you alone get to choose what matters and what doesn't. The meaning of everything in your life has precisely the meaning you give it (Angel Chernoff).

If we want a joyous life, we must think joyous thoughts. If we want a prosperous life, we must think prosperous thoughts. If we want a loving life, we must think loving thoughts. Whatever we send out mentally or verbally will come back to us in like form (Louise L. Hay).

*\_\_Top life-hack\_\_* Positive thinking is not about expecting the best to happen. It is about accepting that whatever happens is for the best (Unknown). The key is to catch yourself as soon as you realize you're thinking a negative thought & switch it to something you appreciate instead (Unknown).

Always find a reason to laugh. It may not add years to your life but will surely add life to your years (Unknown).

*\_\_Top wisdom\_\_* As long as you feel pain, you're still alive. As long as you make mistakes, you're still human. And as long as you keep trying, there's still hope (Unknown).

Don't let your bad days trick you into thinking you have a bad life (Unknown). Sometimes you find exactly what you were looking for before you even realized you were looking for it. Stay open. Stay positive. Things can change overnight (Doe Zantamata).

*\_\_Top wisdom\_\_* If you pay attention to the patterns of your life, you'll realize everything always works out. Everything always takes you to a greater destination. You always grow and the things you think you can't survive; you somehow divinely make it through. That's life. Always remember that (Idil Ahmed).

Nothing is permanent. Don't stress yourself too much because no matter how bad the situation is, it will change (Unknown).

Take it one day and one step at a time. You may not be where you want to be, but you're closer than you've ever been (Morgan Richard Oliver).

When you see the good in others, you end up finding good in yourself (Unknown).  
Don't waste time debating what a good man should be. Just be one (Marcus Aurelius). Be a good person, but don't waste time trying to prove it (Unknown).

Always have eyes that see the best, a heart that forgives the worst, a mind that forgets the bad, and a soul that never loses hope (Unknown).

Next time you're stressed, take a step back, inhale and laugh. Remember who you are and why you're here. You're never given anything in this world that you can't handle. Be strong, be flexible, love yourself, and love others. Always remember, just keep moving forward (Unknown).

Life isn't always onward and upward. Sometimes you evolve, and sometimes you devolve. Sometimes, you get the life sucked out of you, and other times, you breathe life back in. There are times of shutting down and times of opening up. There are times the walls go up and then times they come back down again. Wherever you are right now, I hope you choose to act out of love, even if you didn't yesterday. Because love, along with hope, faith, and courage, will always get you out of the pits, unstuck, and back on your way to brighter days... eventually (Doe Zantamata).

It turns out that our brains are literally hardwired to perform at their best not when they are negative or even neutral, but when they are positive (Shawn Achor).

Please understand this: Bad chapters can still create great stories. Wrong paths can still lead to right places. Failed dreams can still create successful people. Sometimes it takes losing yourself to find yourself (Unknown).

There is a natural rhythm and flow of life. Things come and things go. I believe that when something goes, it is only to make room for something new and better (Louise Hay).

Being positive doesn't mean living in a state of denial and hoping things fix themselves. It means looking for the bright side, fixing what you can, moving on from what you can't, and knowing that even if today is rough, there's always hope for a brighter tomorrow when you are doing the best you can do (Doe Zantamata).

*\_\_Assimilate\_\_ Resolve to be an optimist, to see the best in every situation you are in, to take away learnings from every failure or every mistake you have committed.*

#### 84. Stay in the present

\_\_Introspect\_\_ Do you find yourself regularly replaying the mistakes/ failures from the past or anxious about the future?

If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present (Unknown). Love the life you have while you create the life of your dreams. Don't think you have to choose one over the other (Hal Elrod).

\_\_Top wisdom\_\_ All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future, and not enough present. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough present. As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease (Eckhart Tolle). Anxiety is experiencing failure in advance (Seth Godin). Our anxiety does not come from thinking about the future, but from wanting to control it (Khalil Gibran).

The hardest thing is to live richly in the present without letting it be tainted out of fear for the future or regret for the past (Sylvia Path). The more you are focused on time—past and future—the more you miss the Now, the most precious thing there is (Eckhart Tolle).

\_\_Top life-hack\_\_ Remember this truth: now matters more than any other time in your life, because it's what you are doing today that is determining who you're becoming, and who you're becoming will always determine the quality and direction of your life (Hal Elrod).

Today only happens once... make it amazing (Unknown). Don't use your energy to worry. User your energy to believe, create, trust, grow, glow, manifest, and heal (Unknown).

Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life (Eckhart Tolle). Just give your attention fully to wherever you are. Let the next moment arrive in due course (Rose Issa).

\_\_Top wisdom\_\_ The ability to be in the present moment is a major component of mental wellness (Abraham Maslow). The practice of staying present will heal you. Stay here, in the moment (S. McNutt).

There are only two days in the year that nothing can be done. One is called *yesterday*, and the other is called *tomorrow*, so today is the right day to love, believe, do and mostly live (Dalai Lama)

*\_\_Top life-hack\_\_* The point of power is always in the present moment (Louse L. Hay). The most important thing to always remember is this: when you are in the middle of a situation forget about the future. The only place you can be is here and now and you have to make the most of every minute of every day (Nigel Risner).

Tomorrow isn't guaranteed, so live today! (Keanu Reeves).

*\_\_Top life-hack\_\_* Right now, you are the wisest you've ever been since your life began. You're also the youngest you'll ever be for the rest of your life. Right now, you can make wiser choices than you have in the past, and live in the great results of those choices. You will need to drop resentment and regret in order to do so. DO IT. Your amazing life is waiting (Doe Zantamata).

We are so focused on the future that we don't realize that today was what we prayed for years ago. Enjoy your day (Unknown).

*\_\_Top wisdom\_\_* Forever has no meaning when you're living in the moment (Ellen Hopkins). Most humans are never fully present in the now, because unconsciously they believe that the next moment must be more important than this one. But then you miss your whole life, which is never not now (Eckhart Tolle).

To really feel alive is to be so immersed in the passionate bliss of the moment that you don't think about yesterday or tomorrow. You just enjoy what you're doing and love every piece of it (Lori Deschene).

*\_\_Top wisdom\_\_* Sometimes we become so focused on achieving our goals that we forget to enjoy the journey. We think that happiness will come only after we achieve what we want, but in reality, it's the small moments and experiences that make life worth living. When we take time to appreciate the present moment and all it has to offer, we can find joy and fulfillment in even the most mundane activities (Emily Maroutian).

A world which increasingly consists of destinations without journeys between them, a world which values only 'getting somewhere' as fast as possible, becomes a world without substance (Unknown).

In between where you once were and where you're headed is where you are right now. You can't undo where you were and you can't get to where you're going any faster than one day at a time. The only things that are in your control are the direction you face and the actions you take today. Other than that, enjoy the good people around you, the fresh air and

the sun, and realize that you can do that no matter where you are, but it's best to do it daily (Doe Zantamata).

\_\_\_*Assimilate*\_\_\_ *Try to stay as much in the present as possible.*

\_\_\_*Suggested reading*\_\_\_ The Power of Now (Echart Tolle).

### **85. Prepare yourself for what is to come**

Accept that every single thing that has ever happened in your life is preparing you for a moment that is yet to come. You can't connect the dots looking forward; you can only connect them looking backwards. So, you have to trust that the dots will somehow connect in your future (Steve Jobs).

\_\_\_*Top wisdom*\_\_\_ Some periods of your growth are so confusing that you don't even recognize that growth is happening. You may feel hostile or angry or weepy and hysterical, or depressed. It would never occur to you, unless you stumbled on a book or a person who explained to you, that you were in fact in the process of change, of actually becoming larger than you were before. Those long periods when something inside yourselves seems to be waiting, holding its breath, unsure about what the next step should be... for it is in those periods that you realize that you are being prepared for the next phase of your life and that, in all probability, a new level of the personality is about to be revealed (Alice Walker).

Today, take a minute and look back at how far you've come. No one can take that away from you (Ryan Snowden). You will understand why when you look back, the answers are rarely given in the middle of a lesson (Leon Brown).

\_\_\_*Top life-hack*\_\_\_ By failing to prepare, you are preparing to fail (Unknown). Success is where preparation and opportunity meet (Unknown).

Life has a funny way of working out just when you start to believe it never will (Unknown). We attract what we are ready for (Unknown).

\_\_\_*Top life-hack*\_\_\_ The person you will be five years from now depends on the books you read, the people you spend time with, the food you eat, the conversations you have, and the habits you adopt today. Choose wisely (Jade Bonacolta).

The best preparation for tomorrow is doing your best today (H. Jackson Brown, Jr).

\_\_\_*Top wisdom*\_\_\_ A new chapter means a new direction. The new direction could only have been built by all the chapters that came before it. No matter how dark, terrible, or how many previous chapters were missed, this new chapter could be the one that turns the whole

story around. Realize that you are writing it now, not just every day, but even at this moment (Doe Zantamata).

Whatever chapter of your life you're in, be in it. Even in the worst moments of your life, there is something that is meant for you. A lesson. A connection. A connection. Life is always teaching you something. Pay attention. Trust that this chapter is preparing you for something amazing that's coming that hasn't happened yet (Mel Robbins).

## People Matter

If we want to achieve what we have set out to, at some point of our lives, we will need the help of people. Based on how big our dream is, we need to garner the support of people from different backgrounds having varied skillsets to support us in our endeavor. People do matter.

### 86. Nothing great was ever done alone

*\_\_ Introspect \_\_* Who has been your biggest support so far? Who is that one person who you know will help you no matter what? How can you thank him/ her?

In life, it's not where you go – it's who goes with you (Unknown). No dream is ever chased alone (Rahul Dravid).

*\_\_ Top wisdom \_\_* When we form meaningful bonds with others, our wounds heal faster, we shake off infections more quickly and our blood pressure drops. We are less likely to have Alzheimer's, heart attacks or strokes. When people feel that they have strong social support, they perform better on tests of mental focus, memory and problem solving. Greater connection can fuel creativity, increase our financial stability and enhance our work productivity (David Robson).

Anything is possible if you have the right people to support you (Unknown).

*\_\_ Top wisdom \_\_* Here is the truth: people are the most important things that will ever happen to you. So, while you are busy trying to build a life, fighting for your goals, hustling for those dreams – do not neglect the importance of building an army worth fighting beside you. Nothing great was ever done alone. Nothing great can be done alone. And nothing great is ever worth ending up alone. Value your relationships because it is people that will sustain you, it is people that will make life worth every piece of shit it inevitably throws at you. More than a brimming bank account, fame, or prestige – believe me, it is people that you'll need (Unknown).

Life's journey is important and so is the destination. Most important, though, is the company you keep during your journey to wherever you are headed (Unknown). Getting what you want out of life is all about getting what you want from – and with – other people (Chris Voss). Some people can't believe in themselves, until someone else believes in them first (Good Will Hunting).



*\_\_Top life-hack\_\_* No one lives long enough to learn everything they need to learn starting from scratch. To be successful, we absolutely, positively have to find people who have already paid the price to learn the things that we need to learn to achieve our goals (Brian Tracy). Success is a team sport (Simon Sinek).

There are very few people in your life who will openly tell you things you need to hear, rather than what you want to hear, no matter the consequences. Recognize those people early and always keep them close. They'll keep you going, they'll keep you sane, they'll humble you (@mxsriyatalks).

*\_\_Top life-hack\_\_* Your truest friends are the people who don't walk out the door when life gets hard. They actually pour some coffee and pull up a chair (Unknown). It's important to make friendships that are deeper than gossiping, drinking, smoking, and going out. Make friends who you can have breakfast with, who you can cry with, make friends who will support your life goals and believe in you (Unknown).

Trust that God will put the right people in your life at the right time and for the right reasons (Unknown). There will always be a reason why you meet people. Either you need them to change your life, or you're the one that will change theirs (Angela Flonis Harefa). Every person you meet knows something you don't; learn from them (H. Jackson Brown).

*\_\_Top wisdom\_\_* The right people will find you. They will speak to you differently. They will inspire you; they will motivate you. They will help you heal. Help you learn new things about yourself. Discover the deeper parts within. The right people will do this to you. They will make you feel at home. And you will never have to worry about them saying good-bye. You will know who they are (R. M. Drake).

If you want to go fast, go alone. If you want to go far, go together (African proverb).

*\_\_Top wisdom\_\_* When you meet someone new, you're not just meeting them in the present moment. You're also meeting their past pain, joy, and wisdom, as well as their future worries and dreams. They are meeting yours, too. A meeting of minds is a meeting of worlds. You are both a tourist of theirs and a host of yours at the same time. It's actually a magical experience to have (Doe Zantamata).

No one in this world is pure and perfect. If you avoid people for their mistakes, you will be alone in this world. So, judge less and love more (Unknown).

Every person from your past lives as a shadow in your mind. Good or bad, they all helped you write the story of your life, and shaped the person you are today (Doe Zantamata).

There are two types of people that come into our lives – temporary and permanent. Temporary people come to teach us lessons about selfishness, heartbreak, dishonesty and disloyalty. Permanent people come to live in our heart, they are the ones that give us strength, confidence and loyalties. Real love is found here. The truth is, we need the two, because one teaches the value of the other (Unknown).

Always ask, but never expect. Always ask for what you want. Many people are happy to help—if the request is direct and specific. In a surprising number of cases, something remarkable is possible if you have the courage to ask. Never expect people to say yes. Everyone is busy and balancing multiple priorities. Your request is not their responsibility. When you're told no, move on lightly and freely. The world is full of opportunity (James Clear).

*\_\_Assimilate\_\_ Identify five people who you would trust with your life. Take the opportunity today to send them a note if you haven't been in touch with them lately.*

*\_\_Suggested reading\_\_ The Magic of Thinking Big (David J. Schwartz): Chapter 9 (Think Right Toward People). Designing Your Life (Bill Burnett & Dave Evans): Chapter 11 (Building a team).*

### **87. Find Your People**

Beautiful souls recognize beautiful souls. Keep being genuine. Your people will find you (Unknown).

*\_\_Top wisdom\_\_ Family isn't always blood. It's the people in your life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what (Maya Angelou). Family is not about blood. It's about who's willing to hold your hand when you need it the most (Unknown).*

Who you allow into the circle of your life will make the difference in the quality of your life (Chris Prentiss).

*\_\_Top life-hack\_\_ There are five types of people you want to surround yourself with. The inspired, the passionate, the motivated, the grateful and the open minded (Unknown).*

Who you know determines who you are—how you feel, how you act, and what you achieve (Keith Ferrazzi).

*\_\_Top wisdom\_\_ The richest people in the world look for and build networks, everyone else looks for work. Marinate on that for a minute (Robert T. Kiyosaki).*

Your network is your net worth (Porter Gale). Networking is not about just connecting people. It's about connecting people with people, people with ideas, and people with opportunities (Michele Jennae). Instead of better glasses, your network gives you better eyes (Ronald Burt).

*\_\_Top life-hack\_\_* The single greatest 'people skill' is a highly developed and authentic interest in the other person. Networking is simply the cultivating of mutually beneficial, give and take, win-win relationships. It works best, however, when emphasizing the “give” part (Bob Burg).

Networking that matters is helping people achieve their goals (Seth Godin). Everyone should build their network before they need it (Dave Delaney). The currency of real networking is not greed but generosity (Keith Ferrazzi).

*\_\_Top life-hack\_\_* If we create networks with the sole intention of getting something, we won't succeed. We can't pursue the benefits of networks; the benefits ensue from investments in meaningful activities and relationships (Adam Grant).

Pulling a good network together takes effort, sincerity and time (Alan Collins).

*\_\_Top wisdom\_\_* Your family is your mother, father, your siblings, your spouse. It is your uncles, aunts and cousins. It is your grandparents, children, and grandchildren. It is someone sharing their home-made lunch with you at your office. It is your neighbour including you in their festival. It is a chemist who sends home medicines not currently available at his store, so you don't make the trip twice. It is a waiter who knows your order even before you sit. It is your household help who cleans and cooks and makes your day easier. Your family is every single person in the world who shows you love (Unknown).

If you want to go somewhere, it is best to find someone who has already been there (Robert T. Kiyosaki).

*\_\_Suggested reading\_\_* Never Eat Alone (Keith Ferrazi with Tahl Raz).

## **88. Communication is key**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama (Miguel Ruiz). People who can't communicate think everything is an argument (Unknown).

\_\_Top wisdom\_\_ The most important thing in communication is to hear what isn't being said (Peter Ducker). Seek first to understand then to be understood (Stephen R. Covey). Effective communication starts with being able to listen, not speak (Unknown).

Communication is power. All behavior and feelings find their original roots in some form of communication. The way we communicate with others and with ourselves ultimately determines the quality of our lives (Tony Robbins).

\_\_Top life-hack\_\_ Being able to communicate effectively is perhaps the most important of all life skills. It is what enables us to pass information to other people, and to understand what is said to us (Unknown).

When you show a genuine interest in others, make an effort to know them, create time for them, communicate clearly when you speak and listen in a way that says you care, every relationship improves (Charlotte Lankard). The simple act of listening to someone and making them feel as if they have truly been heard is one of the most treasured gifts (Unknown).

Communication – the human connection – is the key to personal and career success (Paul J. Meyer). It all starts with the premise that people want to be understood and accepted. Listening is the cheapest, yet most effective concession we can make to get there. By listening intensely, a negotiator demonstrates empathy and shows a sincere desire to better understand what the other side is experiencing. Contrary to popular opinion, listening is not a passive activity. It is the most active thing you can do. Research shows that when individuals feel listened to, they tend to listen to themselves more carefully and to openly evaluate and clarify their own thoughts and feelings (Chris Voss).

To effectively communicate, we must realize we are all different in the way we perceive the world and use this understanding as a guide to our communication with others (Tony Robbins).

\_\_Top wisdom\_\_ Until men and women start having honest conversations about who they truly are, what demons they battle with, where they lack and what they truly want, love will continue to be a temporary emotion. Honesty and communication are key (Unknown).

When we avoid difficult conversations, we trade short-term discomfort for long-term dysfunction (Peter Bromberg).

Who you are speaks so loudly I can't hear what you're saying (Ralph Waldo Emerson). Effective communication depends much more on your tone of voice and body language than the words you say (Daljot Singh Khalsa).

Eventually you will stop thinking that communication is key and realize that comprehension is. You can communicate all you want to someone, but if they don't allow different ideas into their way of thinking, it's useless. Real comprehension has to do with having an open mind (Unknown).

*\_\_Assimilate\_\_* If you were given an opportunity to chat with/ talk to one person, past or present, who would it be and what would you talk to them about?

*\_\_Suggested reading\_\_* How to talk so teens will listen and listen so teens will talk. Adele Faber & Elaine Mazlish (Though this book focuses specifically on teens, there are a ton of takeaways for how to communicate with adults as well). Never split the difference (Chris Voss).

### **89. Learn the art of negotiation**

Almost everything is negotiable (Herb Cohen). Like it or not, you are a negotiator. The reason you negotiate is to produce something better than the results you can obtain without negotiating (Roger Fisher, William Ury, Bruce Patton).

*\_\_Top wisdom\_\_* Negotiation is the heart of collaboration. It is what makes conflict potentially meaningful and productive for all parties. It can change your life (Chris Voss).

The 'winners' seem to be people who not only are competent, but also have the ability to "negotiate" their way to get what they want (Herb Cohen). You have more power if you believe you have power and view your life's encounters as negotiations (Herb Cohen).

*\_\_Top life-hack\_\_* Negotiation is nothing more than communication with results. The language of negotiation is primarily a language of conversation and rapport: a way of quickly establishing relationships and getting people to talk and think together (Chris Voss).

People who view negotiation as a battle of arguments become overwhelmed by the voices in their head. Negotiation is not an act of battle; it's a process of discovery. The goal is to uncover as much information as possible (Chris Voss).

*\_\_Top life-hack\_\_* Any method of negotiation may be fairly judged by three criteria: It should produce a wise agreement if agreement is possible. It should be efficient. And it should improve or at least not damage the relationship between the parties (Roger Fisher)

The ability to see the situation as the other side sees it, as difficult as it may be, is one of the most important skills a negotiator can possess (Roger Fisher).

He who has learned to disagree without being disagreeable has discovered the most valuable secret of negotiation (Chris Voss). 'No' is a reaction, not a position. The people who react negatively to your proposal simply need time to evaluate it and adjust their thinking. With the passage of sufficient time and repeated efforts on your part, almost every 'no' can be transformed into a 'maybe' and eventually a 'yes' (Herb Cohen).

The fastest and most efficient means of establishing a quick working relationship is to acknowledge the negative and diffuse it. The person across the table is never the problem. The unsolved issue is. So, focus on the issue. This is one of the most basic tactics for avoiding emotional escalations (Chris Voss).

As a negotiator, take some risk, break free from the precedent of your past experiences, challenge your assumptions, raise your aspiration level, and increase your expectations (Herb Cohen).

*\_\_Top wisdom\_\_* Truly effective negotiators are conscious of the verbal, paraverbal (how it's said), and nonverbal communications that pervade negotiations and group dynamics. And they know how to employ those subtleties to their benefit (Chris Voss).

*\_\_Top life-hack\_\_* Remember: "Yes" is nothing without "How." So, keep asking "How?" (Chris Voss).

If you're stuck in a negotiation, figure out the 1 thing that is truly non-negotiable for you and then compromise on everything else (James Clear).

*\_\_Suggested reading\_\_* Never split the difference (Chris Voss). Getting to Yes: Negotiating Agreement Without Giving In (Roger Fisher, William Ury, Bruce Patton). You Can Negotiate Anything (Herb Cohen).

## **90. Be wary of the company you keep**

*\_\_Introspect\_\_* Who are the individuals or what groups do you most identify with?

Be wary of the company you keep for they are a reflection of who you are, or who you want to be (Unknown).

*\_\_Top wisdom\_\_* You're the average of the five people you spend the most time with (Jim Rohn). A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses (Colin Powell).

Don't spend too much time around someone whose primary way of engaging with life is as a martyr. When suffering becomes your identity, you only see the hard parts of life (James Clear).

\_\_Top wisdom\_\_ The right people appreciate you. They value you, your energy, and your time. They cherish you, they believe in you, and support you however they can. They don't make excuses, their actions speak louder than words. That's how you know who's meant to stay in your life (Lukas Notes).

Hang out with people who fit your future, not your past (Unknown). Above all, it's the quality of your relationships that will determine the quality of your life (Esther Perel).

\_\_Top life-hack\_\_ It's better to hang out with people better than you. Pick your associates whose behavior is better than yours and you'll drift in that direction (Warren Buffet). You can't soar like an eagle when you hang out with chickens (Unknown). Don't let anyone take you back to a level you've already leveled up from (Unknown).

Surround yourself with the dreamers and the doers, the believers and the thinkers, but most of all, surround yourself with those who see greatness within you, even when you don't see it yourself (Unknown).

\_\_Top life-hack\_\_ Change your life by consciously choosing who you surround yourself with. Build your inner circle with people who lift you up, lend you knowledge, and help you learn from your mistakes. If you want to grow, you've got be around people who challenge you to raise your standards. Fill your life with people who will never let you settle for less than you can be, do, or give and you will have the greatest gift that anyone can hope for (Tony Robbins).

Life's way too valuable to hang with people who don't get you. Who you just don't vibe with. Who have different values and lower standards than you do. Who have different Mindsets, Heartsets, Healthsets and Soulsets (Robin Sharma). High standards protect you from low quality experiences (Unknown).

\_\_Top life-hack\_\_ Talk with people who make you see the world differently (Unknown). Get around people who talk about vision and ideas, not other people. If your main circle isn't discussing opening businesses, investing, escaping the 9-5, fitness, self-development, then it's time to find a new circle. Your NETWORK is your NET WORTH! (Unknown)

If you find yourself having to tiptoe around others, you're not walking amongst your tribe. Keep away from people who try to belittle your ambitions (Mark Twain). When the wrong people leave your life, the right things start to happen (Zig Ziglar). Don't give part-time people a full-time position in your life (Unknown).

Love yourself enough to surround yourself with people who respect you. The company you keep is a reflection of how you feel about yourself (Unknown).

Truth is, everybody is going to hurt you; You just gotta find the ones worth suffering for (Bob Marley).

Your relationships will either make you or break you and there is no such thing as a neutral relationship. People either inspire you to greatness or pull you down in the gutter, it's that simple. No one fails alone, and no one succeeds alone (Eric Thomas).

There will be people who will sink the whole ship just because they can't be the captain. Watch out for them (Unknown).

*\_\_Top wisdom\_\_* If you invite someone into your home and they start breaking things and insulting your décor, you don't have to hate them, but you wouldn't invite them into your home anymore. Boundaries are doing the same thing. Except your home is your mind. Your home is your heart. Your home is your time and your life. Uninvite the guests who don't know how to treat your home with respect (Doe Zantamata).

Become aware of how you feel around people. There are some people who, whether they mean to or not, cause you to feel on edge. Others will allow you to feel happy and open. While it's true no one can "make you" feel a certain way, we are all subject to each other's energy. Spend time with people who you feel good around. It will make a difference to your entire day and your general wellbeing (Doe Zantamata).

When reading books or listening to podcasts or taking advice, remember that everyone is biased to their personal history. The world is complex and there is no single path to a success. Look for patterns that are repeated across many successful people, not single stories (James Clear).

Jealous people don't necessarily want what you have. They just don't want you to have it (Chetan Bhagat).

*\_\_Assimilate\_\_* Write down names of ten people who you spend most of your time with. Write a '+' or '-' against their name. '+' if they have been a positive influence and they



*have helped achieve who you want to be. '-' if they are a negative influence and they suck the energy out of you. Then try and start spending more time with the '+'s*

### **91. Don't look for people's approval for everything**

*\_\_Intropect\_\_ What was the last thing you chose not to do because you were worried about what people will say?*

"What will people say" has killed more dreams than anything in the world. People who have given up on their dreams, will never understand yours. The greatest prison people live in is the fear of what other people say or think (Unknown). Know that whatever you do, you will disappoint somebody. That's okay. Just don't disappoint yourself (Michelle Maros).

*\_\_Top wisdom\_\_ Stress, anxiety and depression are caused when we are living to please others (Paulo Coelho). When you come to a point where you have no need to impress anybody, your freedom will begin (Unknown). Don't worry about trying to impress people. Just focus on how you can add value to their lives (Hal Elrod).*

Only when you do not know yourself, the opinion of other people becomes important (Unknown). Opinions don't define your reality (Unknown).

What you impress people by is what you are impressed by in other people. If you are impressed by kindness and generosity, that means those things are in you and you believe they are important. If a person doesn't value your good qualities, it doesn't mean they're not important. They're just not important to that person, and probably not present in them because of that (Doe Zantamata).

*\_\_Top wisdom\_\_ If you are willing to look at another person's behavior as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will over time cease to react to them at all (Unknown).*

Never allow yourself to be defined by someone else's opinion of you (Unknown).

*\_\_Top life-hack\_\_ If you know how quickly people forget the dead... you will stop living to impress people (Christopher Walken).*

Don't spend much time thinking about what other people think. Think about what you think. Think instead about the results, about the impact, about whether it is the right thing to do (Unknown). Care about what other people think and you will always be their prisoner (Unknown).

*\_\_Top wisdom\_\_* There is only one important point you must keep in your mind and let it be your guide. No matter what people call you, you are just who you are. Keep to this truth. You must ask yourself how it is you want to live your life. We live and we die, this is the truth that we can only face alone. No one can help us, not even the Buddha. So, consider carefully, what prevents you from living the way you want to live your life? (Dalai Lama XIV).

You have your way. I have my way. As for the right way, the correct way and the only way, it does not exist (Fredrich Nietzsche).

Fighting for your dream makes sense, but fighting others on your path is wasted energy. The real conflict is within: the struggle to take action each day. Let others have their opinions and life. Your goal is not to win them or convert them, it is to win the day by consistent action (Brendon Burchard).

You might feel worthless to one person, but you are priceless to another. Don't ever forget your value (Unknown). Someone else's opinion of you does not have to become your reality. If someone tells you 'You can't', they're showing you their limits. Not yours (Unknown).

*\_\_Top wisdom\_\_* People know your name, not your story. They've heard what you've done, but not what you've been through. So, take their opinions of you with a grain of salt. In the end, it's not what others think, it's what you think about yourself that counts. Sometimes you have to do exactly what's best for you and your life, not what's best for everyone else (Unknown).

Creative ideas happen when you stop thinking about what others will think (James Clear).

*\_\_Top life-hack\_\_* Stay low key. Not everyone needs to know everything about you (Unknown). Don't broadcast every high and don't hide every low. Try to live, not trying to convince that you have a life (Unknown).

Don't tell anyone what you're doing until it's done. Outside energy can throw off goals. Keep your struggle a secret, until you succeed (Unknown). Five things (especially) to keep quiet about – (i) Your BIG plan (ii) Your Love life (iii) Your income (iv) Your next move (v) Your family issues

A seed grows with no sound, but a tree falls with huge noise. Destruction has noise, but creation is quiet. Grow silently (Unknown). Just because it is taking time doesn't mean it's

not happening (Unknown). Just because you don't share it on social media, doesn't mean you're not up to big things. Live it and stay low-key. Privacy is everything (Denzel Washington).

You are not required to set yourself on fire to keep other people warm (Unknown).

Some people will be mad at you for not being who they want you to be. One of the biggest forms of self-betrayal is living your life by their rules instead of your own. Your task is simple: Be kind, be real, be humble, keep growing, and unapologetically live your best life (Yung Pueblo).

*\_\_Assimilate\_\_* What three things would you do if you were braver, if you did not have to worry about what people thought or said about you?

## **92. Don't compare your life to others**

Don't compare your life to others. You have no idea what their journey is all about. (Regina Brett). Not everyone will understand your journey. That's fine. It's not their journey to make sense of. It's yours (Unknown).

*\_\_Top wisdom\_\_* Don't compare yourself with other people; compare yourself with who you were yesterday (Jordan Peterson). Don't get caught up in the game of being better than others. Simply choose to be better than the person you were yesterday. If there's a key to a rich, fulfilling life, this maybe it (Elle Sommer).

Never be so busy comparing what you have that you forget how fortunate you are to have it (James Clear). The reason why we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel (Steven Furtik).

*\_\_Top life-hack\_\_* Appreciate where you are in your journey, even if it is not where you want to be. Every season serves a purpose. Just because you're taking longer than others does not mean you're a failure. Keep going. (Unknown)

Remember where you have been and know where you are going. Life is not a race, but a journey to be savored each step of the way (Nikita Koloff). Don't let the world rush you or tell you who you should be. Go at your own pace and sing your own song. As long as you are moving and growing, you are good. This is your life journey (Unknown).

*\_\_Top wisdom\_\_* It's not about achieving the goal. It's about who you have become in order to achieve the goal. The juice is in the growth (Tony Robbins).

The fact that we often judge the pleasure of an experience by its ending can cause us to make some curious choices (Daniel Gilbert).

*\_\_Top wisdom\_\_* It's a journey... No one is ahead of you or behind you. You are not more advanced or less enlightened. You're exactly where you need to be. It's not a contest...It's LIFE (Unknown).

Be careful about judging a man's choices when you don't fully understand his challenges (Unknown). Just because someone carries it well, doesn't mean it isn't heavy (Unknown).

*\_\_Top wisdom\_\_* When you measure your growth, make sure to only measure your today self by your past self. If you compare your relationships, your success, or your anything against anyone else, you are not being fair to you. Everyone has a different path, a different pace, and different challenges to face along the way (Doe Zantamata).

When setting out on a journey, do not seek advice from those who have never left home (Rumi). Never measure your progress using someone else's ruler... Satisfy your soul, not the society (Unknown).

*\_\_Top life-hack\_\_* Compare yourself only with yourself. You don't know others' full story, and there's no need to feel guilty for not being as good as them, or feeling justified in being "better" or "worse" in any area. We all walk our own path, and we all have our own lessons and challenges to face. The more you focus on you, the better you will become (Doe Zantamata).

Wish others well, their success will not limit yours (Unknown). Be inspired when you see someone else succeed, envy will only make you doubt yourself (Unknown).

*\_\_Top wisdom\_\_* What a relief it is the day you realize no one is ahead of you and no one is behind you, but that we each are running our own race. You may sometimes feel that you've taken some steps backward, but you haven't. You have always and only made it through every hill, every hurdle, every mountain, valley and meadow that has been along your path. You have come such a long way. Keep moving forward (Doe Zantamata).

You can't fail at life. We all have different journeys. The only people who feel as though they have failed are the ones comparing their lives with others. Forget the image you have in mind about how it should all look. Your life is unique to you. Don't try to make it look like anyone else's (Emily Maroutian).

*\_\_Top life-hack\_\_* People spend a lot of time talking about other people's bodies, gossiping about other people's relationships, critiquing other people's business, etc. Keep

your eyes on your own paper. Work on your body. Nurture your relationships. Improve your business. We all have plenty to improve (James Clear).

The razor blade is sharp but can't cut a tree; the axe is strong but can't cut hair. Everyone is important according to his/ her own unique purpose. Never look down on anyone unless you are admiring their shoes (Unknown).

We won't make ourselves more creative and productive by copying other people's habits, even the habits of geniuses; we must know our own nature, and what habits serve us best (Gretchen Rubin).

*\_\_Assimilate\_\_ What would you do if you did not feel compelled to get a job and earn a living?*

### **93. Choose to be kind**

*\_\_Introspect\_\_ What does it cost you to be kind?*

In a world where you can be anything, be kind (Unknown). Be kind because everyone is still healing from things they don't speak about (Unknown).

*\_\_Top wisdom\_\_* You don't have to move mountains. Simply fall in love with life. Be a tornado of happiness, gratitude and acceptance. You will change the world just by being a warm, kind hearted human being (Anita Krizzan). Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring. All of which have the potential to turn a life around (Unknown).

Love and compassion are necessities, not luxuries. Without them, humanity cannot survive (Dalai Lama XIV).

*\_\_Top wisdom\_\_* You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it (Nikki Banas).

Competition happens at the bottom. The people at the top are collaborating (Unknown). Competition is the law of the jungle, but cooperation is the law of civilization (Peter Kropotkin).

You're never too important to be nice to people (Unknown). Life is not about being rich, being popular, being highly educated or being perfect. It's about being real, humble, and kind (Unknown).

Always ask - Is there a better way? Is there a kinder way? Choose to be kind and you will be right every time (Unknown). Kindness is not an act, it's a lifestyle (Unknown).

\_\_Top life-hack\_\_ Be good to people. You will be remembered more for your kindness than any level of success you could possibly attain (Unknown).

The most attractive thing about you should have less to do with your face or body and more to do with your heart and how you treat people (Unknown). A person becomes ten times more attractive not by their looks but by their acts of kindness, love, respect, honesty and loyalty they show (Unknown).

Kindness makes you the most beautiful person in the world no matter what you look like (Unknown).

No act of kindness, no matter how small, is ever wasted (Aesop). Be kind when you can, be strong when you can, be understanding when you can. Be the best version of you because you can (Beth Roser).

Be kind whenever possible. It is always possible (Dalai Lama XIV). You may not always see the results of your kindness, but every bit of positive energy you contribute to the world makes it a better place for all of us (Lisa Currie).

\_\_Top wisdom\_\_ Being rude is easy. It does not take any effort and is a sign of weakness and insecurity. Kindness shows great self-discipline and strong self-esteem. Kindness is a sign of a person who has done a lot of personal work and has come to a great self-understanding and wisdom. Choose to be kind over being right, and you'll be right every time because kindness is a sign of strength (Unknown). To be kind is more important than to be right. Many times, what people need isn't a brilliant mind that speaks but a special heart that listens (Unknown).

Never underestimate the power of a kind soul. Kindness is a choice that comes from incredible strength (Unknown). The reason why some people are so kind is because the world has been so unkind to them that they don't want other people to feel the way they did (Vex King).

\_\_Top life-hack\_\_ Be the kind of person who is not afraid to ask someone if they are okay twice if they say they are, but look like they are not. Be the kind of person who smiles at

people even if they don't smile back. Be the kind of person you wished for when no one was there for you. Be the kind of person who is brave enough to stand alone in a crowd for what is right. Be that person because we need more people like that in the world. Be that person because people like that are rarer than the rarest diamonds and gold (Nikita Gil).

As I learn to be kinder to myself, I become kinder to the world and those around me (Naomi Carr).

*\_\_Top wisdom\_\_* The kindest people are not born that way, they are made. They are the souls that have experienced much at the hands of life. They are the ones who have dug themselves out of the dark, who have fought to turn every loss into a lesson. The kindest people do not just exist. They choose to soften where circumstances have tried to harden them. They choose to believe in goodness, because they have seen firsthand why compassion is so necessary. They have seen firsthand why tenderness is so important in this world (Unknown).

It doesn't take much to be grateful or to be kind, it's the most inexpensive thing to do on a daily basis. Kindness is just a small gesture from you, but it can be life changing to someone else. Be kind. Be grateful (Sangeeta Rana).

You cannot convince someone to see something that they do not want to see, no matter how much you know it would improve their lives. You have to love and accept them exactly as they are today. If you cannot do that, you have to let them go and find their own way, in their own time, if they ever choose to do so. Otherwise, you'll be giving them the power over your happiness, too (Doe Zantamata).

When you think something nice about someone, let them know. It's a shame that we often wait until a person's funeral to say all of the nice things we thought about them. Then next time you have a positive thought about someone – tell them right then. It's a wonderful thing (Unknown).

Not everyone has a two-income family, not everyone has help. Not everyone has money in a savings account to fall back on. Every parent does not have a reliable babysitter or a reliable vehicle. Some people only have THEMSELVES, some people live paycheck to paycheck. These people also deserve respect. The world is cruel enough as it is. So before telling people how they should deal with situations in their life, just don't. Show kindness instead. Most of us are already doing the best we can (Unknown).

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and love (William Wordsworth). When our time on earth is done, money or material things will not matter. But the love, time and kindness we've given others will shine and live forever (Unknown).

After spotting a falling star, we make a wish. Do we judge it for falling? Instead, we hope for a miracle. Try doing that for a human once (Unknown).

*\_\_Assimilate\_\_ Resolve to do (at least) one act of kindness, one nice thing for someone else every day.*

#### **94. Help even when you know others can't help you back**

*\_\_Introspect\_\_ How do you treat people who can do nothing for you?*

What you do for yourself dies with you when you leave this world, what you do for others lives on forever (Ken Robinson).

*\_\_Top wisdom\_\_* Help others even when you know they can't help you back (Unknown). Don't let go of the opportunity to help someone. You might be the only one that does so when someone genuinely needs help (Unknown).

Extending one hand to help somebody has more value than joining two hands for prayer (Unknown).

*\_\_Top wisdom\_\_* Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, "What's in it for me?" (Brian Tracy).

If you see someone falling behind, walk beside them. If you see someone being ignored, find a way to include them. If someone has been knocked down, lift them up. Always remind people of their worth. One small act could mean the world to them (Unknown).

*\_\_Top life-hack\_\_* If you want to lift yourself up, lift up someone else (Unknown). You can have everything in life you want if you will just help other people get what they want (Zig Ziglar). The more you help others, the more they will want to help you (Brian Tracy). Help others win. You win (Jake Haynes).

We make a living by what we get. We make a life by what we give (Winston S. Churchill).

*\_\_Top wisdom\_\_* When we seek to discover the best in others, we somehow bring out the best in ourselves (William Arthur Ward). To truly make life beautiful for yourself take care to make life beautiful for others (Unknown).



There are two types of people in the world – ‘Givers’ and ‘Takers’. The ‘Takers’ eat better but the ‘Givers’ sleep better (Unknown). The great women and men of the world were all givers, not takers (Robin S. Sharma). If you always give, you will always have (Chinese proverb).

Be the reason someone believes in the goodness of people. The true worth of a man is not measured by what he does for himself, but what he does for someone else (DMX). To make a difference in someone’s life you don’t have to be brilliant, rich, beautiful, or perfect. You just have to care (Mandy Hale).

Life’s most persistent and urgent question is, ‘What are you doing for others?’ (Martin Luther King, Jr). Doing nothing for others is the undoing of ourselves (Horace Mann).

No person was ever honored for what he received. Honor has been the reward for what he gave (Calvin Coolidge). Champions don’t show up to get everything they want. They show up to give everything they have (Unknown).

Only by giving are you able to receive more than you already have (Jim Rohn). Think of giving not as a duty but as a privilege (John D. Rockefeller Jr.)

At the end of the day, it’s not about what you have or even what you’ve accomplished... It’s about who you’ve lifted up, who you’ve made better. It’s about what you’ve given back (Denzel Washington).

*\_\_Assimilate\_\_ Look for opportunities to help someone, especially someone who cannot do anything for you.*

## **95. Inspire others, inspire yourself**

*\_\_Introspect\_\_ How would your friend describe you to someone?*

When we seek to discover the best in others, we somehow bring out the best in ourselves (William Arthur Ward).

*\_\_Top wisdom\_\_* When you intentionally use your everyday life to bring about a positive change in the lives of others, you begin to live a life that matters (John C. Maxwell). As soon as you seek to inspire others, it inspires the best in you (Brendon Burchard). Each person must live their life as a model for others (Rosa Parks).

To inspire people, don’t show them your superpowers. Show them theirs (Unknown).

*\_\_Top wisdom\_\_* You don’t need to be perfect to inspire others. Let people get inspired by how you deal with your imperfection (Wilson Kanadi/ Ziad K. Abdelnour). When

you are living the best version of yourself, you inspire others to live the best versions of themselves (Unknown).

Success isn't just about what you accomplish in your life. It's about what you inspire others to do (Unknown). Be strong, you never know who you are inspiring (Unknown). If your actions inspire others to dream more, learn more, do more and become more, you are a leader (Simon Sinek).

*\_\_Top life-hack\_\_* One of the most effective things you can do to build better habits is to join a culture where your desired behavior is the normal behavior. New habits seem achievable when you see others doing them every day. If you are surrounded by fit people, you're more likely to consider working out to be a common habit. If you're surrounded by jazz lovers, you're more likely to believe it's reasonable to play jazz every day. Your culture sets your expectation for what is 'normal'. Surround yourself with people who have the habits you want to have yourself. You'll rise together (James Clear).

One day you will tell your story of how you overcame what you went through and it will be someone else's survival guide (Brene Brown).

*\_\_Top wisdom\_\_* I came to understand that while many of us might default to measuring our lives by summary statistics, such as number of people presided over, number of awards, or dollars accumulated in a bank, and so on, the only metrics that will truly matter to my life are the individuals whom I have been able to help, one by one, to become better people (Clayton Christensen).

Many people won't attempt something unless they can find an example of someone else who is already doing it. Rely on this type of thinking too much and you'll never do anything interesting. Your path through life is unique. It is important to extract lessons from the experiences of others, but you can't wait for a perfect example to take action. You are the example (James Clear).

*\_\_Top life-hack\_\_* People wonder why I give so many compliments to strangers. I'm not being fake, & I'm certainly not looking for people to like me. But, if I pass someone and I like something, I say it: "Love those shoes", "Great hair" or "Your eyes are beautiful!" ... Why? Because life is hard, and this world can be a shitty place. Some people are just plain mean. You never know how much those few words could mean to someone. You never know what hell they may be going through. And when you put positive vibes out in the universe, YOU

become a happier person. So, random compliment giving will change your life, and more importantly, it may change someone else's as well (Unknown).

Most of the relationships suffer due to lack of appreciation. When people are unappreciated, they feel demotivated. Even though, many continue to put their efforts, it is never with the same level of energy and enthusiasm. When this happens every time, people don't try to do more than they usually have done. Lack of self-appreciation also brings the same level of demotivation; dullness and we stop seeing worth in our own efforts. Appreciate others, you will bring out the best in them. Appreciate yourself, you will bring out the best in yourself (Dr. Bhawna Gautam).

\_\_Top life-hack\_\_ A pattern I've noticed in charismatic people: They don't try to be interesting. They make the other person feel interesting (Jade Banacolta).

Evaluating relationships means asking yourself, "Who is this person inspiring me to be? The best version of myself? The worst version of myself? Neutral? Or someone who I'm not?" And what version of themselves do I inspire in them? (Doe Zantamata).

\_\_Top wisdom\_\_ It is not necessary for others to fail in order that you may succeed (Napoleon Hill). If someone is falling behind in life, you don't have to remind them. Believe me, they already know. If someone is unhealthy, they know. If someone is struggling in their relationships, with money, with self-image, they know. It's what consumes their thoughts each day. What you need to do for those who are struggling is not to reprimand, but encourage. Tell them what's good about their lives, show them the potential that you see. Love them where they are. When we can't see clearly for ourselves, we need others to speak greatness over us. People don't need you to tell them what's wrong with their lives, they already know. They need you to reassure them that they can still make it right (Brianna Wiest).

Respect >> Empathy >> Sympathy. Sympathy is a form of pity. Empathy is rising above it and thinking at par with someone who is going through. Respect is rising beyond what they are going through, and letting them know that they are doing a beautiful job. No one is useless. Everyone knows something you don't (Ankur Warikoo).

The secret to feeling great about yourself is not to be found in searching for people who are less than you and then show yourself superior to them, but in searching for people who are more than you and then show yourself worthy of their company (Erik Naggum).

Your impact on other people is bigger than you think. Someone still giggles when they think of that funny thing you said. Someone still smiles when they think of the compliment you gave them. Someone silently admires you. The advice you gave has made a difference for people. The support and love you've offered others has made someone's day. Your input and opinions have made someone think twice. You are not insignificant and forgotten. Your existence makes a positive difference, whether you see it or not (Unknown).

Happiness is a perfume you cannot pour on others without getting a few drops on yourself (Ralph Waldo Emerson).

It's easy to judge. It's more difficult to understand. Understanding requires compassion, patience, and a willingness to believe that good hearts sometimes choose poor methods. Through judging, we separate. Through understanding, we grow (Doe Zantamata).

Be the person who roots for others. Who tells a stranger they look amazing, and encourages others to believe in themselves and their dreams (Unknown).

People like me don't have people. We are the people that people have. Read that again (Unknown).

Be with someone who motivates you to do better in life because relationships are more than just falling in love. It's about inspiring each other to become better versions of yourselves day in and day out (Unknown).

*\_\_Assimilate\_\_ List three people – ordinary people who are around you, who you work with – and note how they inspire you to become a better version of yourself.*

## **96. Forgive people, don't give them a taste of their own medicine**

*\_\_Introspect\_\_ Have you been carrying around hurt in your heart?*

Remember, when you forgive, you heal. And when you let go, you grow (Unknown). The best revenge is none. Heal, move on and don't become like those who hurt you (Pamela Short).

*\_\_Top wisdom\_\_ Maturity is when you have the power to destroy someone who did wrong but you just breathe, walk away and let life take care of them (Unknown).*

Anyone can hold a grudge, but it takes a person with character to forgive. When you forgive, you release yourself from a painful burden. Forgiveness doesn't mean what happened was OK, and it doesn't mean that person should still be welcome in your life. It just means you have made peace with the pain, and are ready to let it go (Doe Zantamata).

*\_\_Top wisdom\_\_* We often hold grudges because we don't want to let the other person off the hook. We want them to know their behavior is not acceptable. But who's really hooked: the one who's moved on or the one who's holding on? (Hilary Woldt/ Unknown).

When we forgive, we release past hurts, so that they no longer harm us in the present (Michelle Maros).

*\_\_Top wisdom\_\_* You can forgive people without welcoming them back into your life. Apology accepted, access denied (Unknown).

Sometimes you must let things go, so there is room for better things to come into your life. In the end, only three things matter – how well we have lived, how well we have loved and how well we have learned to let go (Unknown).

*\_\_Top life-hack\_\_* Don't give someone a taste of their own medicine and expect it to make things better. It will never work. They already know what it tastes like. Give them a taste of your own medicine. If they lied, let your medicine be honesty. If they played with your emotions, let your medicine be maturity. If they broke you, let your medicine heal. If they made you cry, let your medicine make them smile. These remedies of yours may take years to work, but they work. And they last. So be patient (Unknown).

Forgiveness takes a lot of inner strength. You must put aside your anger and punishing thoughts and try to understand and calm your mind to see things in a different way. If you go through life unable to forgive, it will eat you alive, kill your happiness and leave you terribly vulnerable. Forgiveness takes time but will set you free (Hilary Woldt/ Unknown).

No matter how badly someone treats you, never stoop down to their level. Remain calm. Stay strong, and simply walk away (Unknown). People don't need to be 'fixed'. What they do need is to be heard, to be acknowledged, to feel cared for, to feel supported & to be unconditionally loved & accepted (Unknown).

*\_\_Top wisdom\_\_* Don't judge people for the choices they make when you don't know the options they had to choose from. Those that were raised on love, see shit differently than those that were raised on survival (Unknown).

Forgiveness requires strength, and the ability to see that the true benefit is for your own happiness. If someone stole from you, holding resentment won't bring your things back, but it will keep anger alive in your heart. If you were cheated on or deceived, holding on to anger won't make that person any more honest or undo anything that's been done, but it will

keep a place in your heart imprisoned. Allowing past anger to exist in the present will damage or limit new relationships (Doe Zantamata).

*\_\_Top wisdom\_\_* It took me a long time to understand what it means to forgive someone. I always wondered how I could forgive someone who chose to hurt me? But after a lot of soul searching, I realized that forgiveness is not about accepting or excusing their behavior. It's about letting it go and preventing their behavior from destroying my heart (Unknown).

The only thing we can do about awful people is not be one of them (Bryan McGill).

A sincere apology has three parts: (i) I'm sorry. (ii) It's my fault. (iii) What can I do to make it right (Unknown).

*\_\_Assimilate\_\_* *Resolve to never use the same tone and similar kind of abuse towards people who have hurt you or put you down. Forgive them, because you need to be free.*

### **97. Two souls don't find each other by simple accident**

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres (Holy Bible).

*\_\_Top wisdom\_\_* We accept the love we think we deserve (Stephen Chbosky). You deserve honesty. You deserve transparency. You deserve someone who respects you enough to never lie to your heart. You deserve appreciation. You deserve loyalty. You deserve someone who would never abuse your trust. You deserve love. You deserve someone who would still be there for you even when everyone else has walked away. You deserve someone who's real. Never settle for less (Trent Shelton).

Love is not finding someone to live with. It is finding someone you can't live without (Unknown). People don't always say 'I love you'. Sometimes it sounds like: 'Be safe', 'Did you eat?', 'Call me when you get home', 'I made you this' (Unknown).

*\_\_Top life-hack\_\_* Stop chasing the wrong one, the right one won't run (Unknown). Wait for the one, but do not wait for someone to be the one (JH Hard). One day, love will come in the form of somebody who wants to give more than take, and you will know why love is rare (Mark Anthony).

When we love, we always strive to become better than we are. When we strive to become better than we are, everything around us becomes better too (Paulo Coelho).

*\_\_Top wisdom\_\_* The most painful thing is losing yourself in the process of loving someone too much and forgetting that you are special too (Ernest Hemingway). Loving someone should never require abandoning ourselves in the process. Love is where we go to become more of who we are, not less (Mark Groves).

Love only grows by sharing. You can only have more for yourself by giving it away to others (Brian Tracy).

Love doesn't mean gazing at each other – but in looking together in the same direction (Unknown). You don't love someone because they're perfect, you love them in spite of the fact that they're not (Jodi Picoult).

*\_\_Top wisdom\_\_* Trust is built when you support, encourage and appreciate (@thoughtswonder).

Respect is one of the greatest expressions of love (Unknown).

Don't change yourself to win someone's heart. Stay true to yourself and you will find someone who likes you for being you (Unknown). Far too many people are looking for the right person, instead of trying to be the right person (Gloria Steinem).

Don't mess with someone's feelings because you're unsure about your own (Unknown).

*\_\_Top wisdom\_\_* Unfortunately, people have a right to decline your love no matter how pure your intentions are. You are not what they want, and that is okay (Unknown).

### **98. You are not broken when your heart breaks**

You are not broken when your heart breaks. You are broken when you let that stop you from loving (Unknown).

*\_\_Top wisdom\_\_* Sometimes we give love to the wrong person, and we sit there and wonder, 'how could I have given love to that person? They don't even deserve it,' or 'what a waste of time.' But the thing is, you shouldn't think about it that way. You should think of the fact that you were able to give love, because if you are able to give, that means you have it inside you. It's the same thing with kindness, with honesty, with your ability to care about people. Don't focus on the way people abuse that. Focus on the fact that you have it within

you, and that it makes you who you are. It makes you a beautiful person, a beautiful human being (Najwa Zebian).

You are not hurt by love; you're hurt by a person who doesn't know how to love. Stop confusing the two (Unknown). You'll stop hurting. Believe me. You'll stop hurting the day you fall in love with someone who has the same meaning of love as you (Unknown).

*\_\_Top life-hack\_\_* Eventually you will realize, not everything you love is worthy of a place in your heart (Dhiman). If they were meant to be in your life, nothing could ever make them leave. If they weren't, nothing in the world could make them stay (Lang Leav). If it hurts, leave. Not because you no longer believe in love, but because you still do (Unknown).

And for all those whose hearts have been broken over and over again, when you meet the right person, you'll understand why it didn't work out with anyone else (Unknown).

*\_\_Top wisdom\_\_* The right person will make you fall in love with yourself too. Read that again (Unknown).

You don't know who you are until someone you love leaves you and you don't know what you're made of until you're forced to leave someone you love (R. M. Drake).

You have to keep breaking your heart until it opens (Rumi). Sometimes you just outgrow people. You don't need to hate them. You don't need to cut them off. But you do need to distance yourself from them, if you want to live your best life. Maybe, that is what is best for them too (Unknown). Sometimes, distance is the only way to find peace (Money Heist).

There's nothing louder, than the silence between two people who used to love each other (@storydj).

The soul usually knows what to do to heal itself. The challenge is to silence the mind. The hardest lesson is when, and how, to forget (Unknown).

Loyalty means you choose one person over other people. It does not mean you choose one person over yourself; your integrity, self-worth, or most basic needs. That is self-sacrifice and it doesn't change them into a better person, but it does break you down to a point that is very difficult to recover from. Don't waste your resilience on someone who has no concept of loyalty to anything other than his or her own wants and desires (Doe Zantamata).

Life has taught me that you can't control someone's loyalty. No matter how good you are to them, doesn't mean that they will treat you the same. No matter how much they mean



to you, doesn't mean that they'll value you the same. Sometimes the people you love the most, turn out to be the people you can trust the least (Trent Shelton).

It's just as important to decide who you will no longer spend time with, as it is who you will (Eric Partaker).

We mostly lose our tempers not with those who are actually to blame, but with those who love us enough to forgive us our foul moods (Unknown).

## Joy and Happiness

When people set out on the path to achieve what they want to, they usually park their happiness with the hope that, once they achieve their dreams, they can then pursue and achieve all the happiness they want. They remain sullen and moody and put off happiness until they find that one day, life has passed them by, and they haven't taken the time to be happy. It is not worth it if we have to postpone happiness until we achieve the purpose we have been pursuing.

### 99. Learn to be happy right now

*\_\_Introspect\_\_* When was the last time you were genuinely happy?

Whatever you do in life, just make sure at the end of the day you are happy. Life is way too short for stress and unhappiness (Unknown).

*\_\_Top wisdom\_\_* Do you want to be happy? Or do you want to look happy? Often, their paths are very different (Ankur Warikoo).

Happiness is not something you postpone for the future; it is something you design for the present (Jim Rohn).

*\_\_Top wisdom\_\_* Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy. No person will make you happy unless you decide to be happy. Your happiness will not come to you. It can only come from you (Ralph Marston).

Happiness is a choice. Don't spend your time waiting for it, use the time you have now and create it (Unknown). You don't need a reason to be happy (Unknown).

*\_\_Top wisdom\_\_* Beware of 'Destination Addiction'. Destination addiction is a preoccupation with the idea that happiness is in the next place, the next job and with the next partner. Until you give up the idea that happiness is somewhere else, it will never be where you are (Robert Holden). The most common reaction of the human mind to achievement is not satisfaction, but craving for more (Yuval Noah Harari).

Don't postpone joy until the end of the journey. Live it each step of the way (Unknown). Be happy with what you have while working for what you want (Helen Keller). Remember, if you don't like a situation, you can either take action to change it or change the way you think about it. Either way, choosing unhappiness is no way to live (Kirsten Butler).

What determines each person's state of happiness or unhappiness is not the event itself, but what the event means to that person (Chris Prentiss).

*\_\_Top life-hack\_\_* Happiness starts with you. Not with your relationship, not with your job, not with your money, but with you. Don't wait for things to get better. Life will always be complicated. Learn to be happy right now (Unknown). At the end of the day, it doesn't matter who's stronger, smarter, prettier or richer. The only thing that matters is whether you are happy or not (Unknown).

Maybe happiness is this: not feeling like you should be elsewhere, doing something else, being someone else (Isaac Asimov).

*\_\_Top wisdom\_\_* Happiness is a choice not a result. Nothing will make you happy until you choose to be happy. No person will make you happy unless you decide to be happy. Your happiness will not come to you. It can only come from you (Ralph Marston). Stop looking for happiness in the same place you lost it (Unknown).

Be happy – not because everything is good, but because you can see the good in everything. Hate is baggage. Life's too short to be pissed off all the time. It's just not worth it (Unknown).

*\_\_Top wisdom\_\_* We overthink happiness. We need to keep it simple. There is something good in every moment (Unknown). Overthinking is parasitic. It's viral. It's deadly, even. Letting yourself fall victim to overthinking doesn't just kill your happiness, it destroys who you are. The mind is a beautiful and complex thing, and the only person who can hurt it is yourself (Genereux Philip).

Nobody can make you happy until you're happy with yourself first (Unknown). A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes (Jeff Keller).

*\_\_Top life-hack\_\_* You don't need a reason for doing everything in your life. Do it because you want to. Because it's fun. Because it makes you happy (Unknown).

Enjoy the little things in life, because one day you will look back and realize they were the big things (Unknown). Of all the days, the day on which one has not laughed is the one most surely wasted (Sebastien Roch). A good laugh and a long sleep are two best cures for anything (Unknown).

*\_\_Top wisdom\_\_* We want our happiness to last, but we base it on conditions that are always changing (T. Harv Eker). Once you learn how to create your own happiness, no one can take it from you (Unknown).

The key to happiness is your inner freedom, peace, and willingness to enjoy every moment of your life (Unknown).

*\_\_Top wisdom\_\_* In all honesty, some phases of life may have been the best ones overall. They may have had the most ease, joy, love, and even health. But to spend the rest of your life longing for or yearning for those days means to miss out on some good ones that you can have right now (Doe Zantamata).

You must realize that the world is too beautiful to waste your time being angry or sad when you could be enjoying what life has to offer (Unknown). I'd rather spend my time wisely than my money (Unknown).

The greatest joy comes from things you cannot buy (Unknown). The quality of your life does not depend on your clothes, car, or home, but on how peaceful and joyful you are (Sadhguru). Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude (Denis Waitley).

A secret to happiness is letting every situation be what it is instead of what you think it should be, and then making the best of it (Unknown).

Life may not be the party we hoped for, but while we are here we might as well dance (Unknown).

Life will bring you pain all by itself. Your responsibility is to create joy (Milton Erickson). If there's even a slight chance at getting or doing something that will make you happy, risk it. Life's too short and happiness is too rare (Unknown).

There is no list of rules. There is one rule. The rule is: there are no rules. Happiness comes from living as you need to, as you want to. As your inner voice tells you to. Happiness comes from being who you actually are instead of who you think you are supposed to be. Being traditional is not traditional anymore. It's funny that we still think of it that way. Normalize your lives, people. You don't want a baby? Don't have one. I don't want to get married? I won't. You want to live alone? Enjoy it. You want to love someone? Love someone. Don't apologize. Don't explain. Don't ever feel less than. When you feel the need to apologize or explain who you are, it means the voice in your head is telling you the wrong story. Wipe

the slate clean. And rewrite it. No fairy tales. Be your own narrator. And go for a happy ending. One foot in front of the other. You will make it (Shonda Rhimes).

Life is so short. We spend so much time sweating the small stuff worrying, complaining, gossiping, comparing, wishing, wanting and waiting for something bigger and better instead of focusing on all the simple blessings that surround us every day. We forget life is so fragile and all it takes is a simple moment to change everything we take for granted. We need to focus on what's important and be grateful for everything we have (Unknown).

The glass ceiling of happiness is held in place by two stout pillars, one psychological, the other biological. On the psychological level, happiness depends on expectations rather than objective conditions. We don't become satisfied by leading a peaceful and prosperous existence. Rather, we become satisfied when reality matches our expectations. The bad news is that as conditions improve, expectations balloon. Dramatic improvements in conditions, as humankind has experienced in recent decades, translate into greater expectations rather than greater contentment. If we don't do something about this, our future achievements too might leave us as dissatisfied as ever (Yuval Noah Harari).

When each day starts, decide it's going to be a good day. Decide to be happy. As the day goes on, whenever something happens that prevents it, decide if you'll continue to carry that thing throughout the day or if you can set it down and continue on. Traffic, a disappointment, an unexpected bill, a snide remark... decide if any of those things are more important than the happiness of the day. And if not, give them only as much attention as is needed and carry on (Doe Zantamata).

*\_\_Assimilate\_\_ What is standing between you and your happiness? Why should it prevent you from achieving true happiness? Are you needlessly ruining your life because of it?*

### **100. Look at life through the eyes of gratitude**

*\_\_Introspect\_\_ Are you genuinely grateful for what you have?*

Of all the 'attitudes' we can acquire, surely the attitude of gratitude is the most important and by far the most life changing (Zig Ziglar).

*\_\_Top wisdom\_\_ If the only prayer you ever say in your entire life is 'THANK YOU,' that will be enough (Eckhart Tolle).*

Make a decision to talk about why you're blessed, not stressed. You give life to what you focus on (Kristen Butler).

*\_\_Top wisdom\_\_* Happiness is directly linked to thankfulness. If you want to be happy, be thankful for what you have (Unknown). Happiness will never come to those who fail to appreciate what they already have (Unknown).

When you look at life through the eyes of gratitude, the world becomes a magical and an amazing place (Jennifer Gayle).

*\_\_Top life-hack\_\_* No matter your situation, find the little things along the way to stay grateful for. They will help you move forward (Unknown). A grateful heart is a magnet for miracles (Unknown).

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough (Oprah Winfrey). You can either be angry for what you don't have or be thankful for what you do have (Unknown).

*\_\_Top life-hack\_\_* It's a funny thing about life. Once you begin to take note of things you are grateful for, you begin to lose sight of the things that you lack (Unknown).

Do not spoil what you have by desiring what you have not; remember that what you now have was among the things you only hoped for (Epicurus).

*\_\_Top life-hack\_\_* There is always something to be grateful for. It's good to take a few minutes every day and just sit quietly and be thankful for all that you have. Remember - it's good to be alive. Have fun. Once in a while, do whatever the hell you like. Spend the day in bed. Cry over films, and books, and music, and art. Smile at the grumpy man on the bus. Watch the old couple who walk hand in hand. Sing at the top of your lungs. Tell the person you like that you love them. Go out. Get wrecked. Dance. Kiss someone. Stay out all night. Fall over a few times. Make your friends laugh. Just fucking live a little! Even if you feel moody and miserable put a smile on your face because you're here and you're younger than you will ever be and precious and alive. (Unknown)

When you arise in the morning, think of what a precious privilege it is to be alive, to breathe, to think, to enjoy, to love (Unknown). The greatest gift you can receive is another day of life (Unknown). The moment you start acting like life is a blessing, it starts feeling like one (Unknown).

Whatever age you are today, your future self would love to be it. Most people do not consider 65 to be a young age... but when you're 75, you'd love to rewind to 65 and regain those years. Few people would describe 35 as your youth, but in your mid-50s your mid-30s will seem like the 'young you'. Today is a great opportunity, no matter your age. Looking back

in a few years, today will seem like the time when you were young and full of potential or the moment when you could have started early or the turning point when you made a choice that benefited your future. The moment in front of you right now is a good one. Make the most of it (James Clear).

Remember, happiness doesn't depend upon who you are or what you have; it depends solely upon what you think. So, start each day by thinking of all the things you have to be thankful for. Your future will depend largely on the thoughts you think today. So, think thoughts of hope and confidence and love and success (Dale Carnegie).

Whatever you appreciate and are grateful for will multiply in your life (Elle Sommer).  
Appreciating what you have is the best cure for missing what you have lost (Unknown).

Love what you have, before life teaches you to love what you lost (Unknown).

Be grateful that certain things didn't work out. Sometimes you don't even know what you're being protected from or where you're being guided to when you're in the midst of chaos. That's why you just have to trust that greater things are aligning for you. Let go gracefully (Unknown).

The ability to be genuinely grateful for the things we have and the people we love, as well as for simply being alive and conscious, will do more for bringing a true feeling of happiness to us on a regular basis than almost anything else (Cory David Richards).

Countless studies have shown that consistently grateful people are more energetic, emotionally intelligent, forgiving, and less likely to be depressed, anxious, or lonely. Gratitude has proven to be a significant cause of positive outcomes. When researchers pick random volunteers and train them to be more grateful over a period of a few weeks, they become happier and more optimistic, feel more socially connected, enjoy better quality sleep, and even experience fewer headaches than control groups (Shawn Achor).

Please remember:

- Your job is the dream of the unemployed.
- Your house is the dream of the homeless.
- Your smile is the dream of the depressed.
- Your health is the dream of those who are sick.

Beautiful things happen when you distance yourself from negativity. Find something to be grateful for (Unknown).

*\_\_Assimilate\_\_ At the end of each day, list three things you are grateful about, things that went well, moments of happiness that you spent.*

### **101. True joy is in relationships**

Relationships are all there is. Everything in the universe only exists because it is in relationship to everything else. Nothing exists in isolation. We have to stop pretending we are individuals that can go it alone (Margaret Wheatley).

*\_\_Top wisdom\_\_* If we think only of ourselves, forget about other people, then our minds occupy a very small area. Inside that small area, even tiny problem appears very big. But the moment you develop a sense of concern for others, you realize that, just like us, they also want happiness; they also want satisfaction. When you have this sense of concern, your mind automatically widens. At this point, your own problems, even big problems, will not be so significant. The result? Big increase in peace of mind. So, if you think only of yourself, only your own happiness, the result is actually less happiness. You get more anxiety, more fear (Dalai Lama XIV).

The most terrible poverty is loneliness, and the feeling of being unloved (Mother Teresa). Two very priceless gifts that should be enjoyed often, are the beauty of a sunset and the company of a friend (Doe Zantamata).

*\_\_Top life-hack\_\_* Become friends with people who aren't your age. Hang out with people whose first language isn't the same as yours. Get to know someone who doesn't come from your social class. This is how you see the world. This is how you grow (Unknown).

Intimate, loving, and enduring relationships with our family and close friends will be among the sources of the deepest joy in our lives (Clayton M. Christensen). There is no true joy except in human relations, in sharing, in the company of family and friends (Unknown).

*\_\_Top wisdom\_\_* Realize that life doesn't always introduce you to the people you want to meet. Sometimes, life puts you in touch with the people you need to meet to help you, to hurt you, to leave you, to love you, and to gradually strengthen you into the person you were meant to become (Unknown). Not everyone is meant to be in your future. Some people are just passing through to teach you lessons in life (Unknown).

No matter how educated, talented, rich, or cool you are, how you treat people ultimately tells all (Unknown). I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. If you want others to



be happy, practice compassion. If you want to be happy, practice compassion (Dalai Lama XIV). Those who helped when they could, encouraged others, and gave as much or more than they took, led the happiest lives of all (Elle Sommer).

*\_\_Top wisdom\_\_* The quality of our life depends on our relationships. It's not social media that makes us depressed; it's our relationship with it. It's not money that makes us unhappy; it's our relationship to it. It's not our partner that makes us unhappy; it's our relationship to him or her (Unknown).

Falling in love and having a relationship are 2 different things (Keanu Reeves).

*\_\_Top wisdom\_\_* Your relationship doesn't need to make sense to anyone, except you and your partner. It's a relationship. Not a community project (Unknown).

Be all in or get all out. There is no halfway (Unknown).

*\_\_Top life-hack\_\_* The only way a relationship will last is if you see your relationship as a place that you go to give, and not a place that you go to take (Tony Robbins).

Some relationships last, some disappear. Truth is no one gets it right. But, we are all supposed to try (Unknown).

*\_\_Top wisdom\_\_* Healthy relationships feel boring to people who are used to relationships filled with toxicity and drama. They are not sure what to do with love that is calm, kind, drama free, non-toxic and doesn't require them to constantly make painful sacrifices (Unknown). Run from people who love drama, or they will put you in one of their episodes (Unknown).

Don't fuck up a good thing by digging too much. We all have a history. If you want someone, work on being their future (Unknown).

*\_\_Top wisdom\_\_* In your whole life nobody has ever abused you more than you have abused yourself. And the limit of your self-abuse is exactly the limit you will tolerate from someone else. If someone abuses you a little more than you abuse yourself, you will probably walk away from that person. But if someone abuses you a little less than you abuse yourself, you will probably stay in the relationship and tolerate it endlessly (Don Miguel Ruiz).

We are called at certain moments to comfort people who are enduring some trauma. Many of us don't know how to react in such situations, but others do. In the first place, they just show up. They provide a ministry of presence. Next, they don't compare. The sensitive person understands that each person's ordeal is unique and should not be compared to anyone else's. Next, they do the practical things--making lunch, dusting the room, washing

the towels. Finally, they don't try to minimize what is going on. They don't attempt to reassure with false, saccharine sentiments. They don't say that the pain is all for the best. They don't search for silver linings. They do what wise souls do in the presence of tragedy and trauma. They practice a passive activism. They don't bustle about trying to solve something that cannot be solved. The sensitive person grants the sufferer the dignity of her own process. She lets the sufferer define the meaning of what is going on. She just sits simply through the nights of pain and darkness, being practical, human, simple, and direct (David Brooks).

If you have the power to make someone happy, do it. The world needs more of that (Unknown).

Your relationships will rarely be healthier than your self-esteem. If the time you spend alone is already enjoyable to some degree—that is, if you have a healthy internal monologue and generally feel good about yourself—then you will have a fairly high bar for the type of relationships you'll enter. But if you're unhappy with yourself, then you are more likely to put up with bad relationships because they may occasionally make you feel better than you do alone. If you want a great relationship, the first thing you want is to be comfortable with yourself (James Clear).

*\_\_Assimilate\_\_ Plan for and schedule to meet your loved ones, friends and family at least once a week.*

*\_\_Suggested reading\_\_ The Art of Happiness (HH Dalai Lama).*

## End Notes

Some additional notes/ guidelines for creating who you wish to be and for designing your ideal future.

### Purpose of life

A man died...

When he realized it, he saw God coming closer with a suitcase in his hand.

Dialogue between God and Dead Man:

God: Alright son, it's time to go

Man: So soon? I had a lot of plans...

God: I am sorry but, it's time to go

Man: What do you have in that suitcase?

God: Your belongings

Man: My belongings? You mean my things... Clothes... money...

God: Those things were never yours, they belong to the Earth

Man: Is it my memories?

God: No. They belong to Time

Man: Is it my talent?

God: No. They belong to Circumstance

Man: Is it my friends and family?

God: No son. They belong to the Path you travelled

Man: Is it my wife and children?

God: No. they belong to your Heart

Man: Then it must be my body

God: No No... It belongs to Dust

Man: Then surely it must be my Soul!

God: You are sadly mistaken son. Your Soul belongs to me.

Man with tears in his eyes and full of fear took the suitcase from the God's hand and opened it...

Empty...

With heartbroken and tears down his cheek he asks God...

Man: I never owned anything?

God: That's Right. You never owned anything.

Man: Then? What was mine?

God: your MOMENTS.

Every moment you lived was yours.

Do Good in every moment

Think Good in every moment

Thank God for every moment

***Life is just a Moment.***

Live it...

Love it...

Enjoy it.....

Source: WhatsApp forward

As far as we can tell from a purely scientific viewpoint, human life has absolutely no meaning. Humans are the outcome of blind evolutionary processes that operate without goal or purpose. Our actions are not part of some divine cosmic plan, and if planet earth were to blow up tomorrow morning, the universe would probably keep going about its business as usual. As far as we can tell at this point, human subjectivity would not be missed. Hence any meaning that people inscribe to their lives is just a delusion (Yuval Noah Harari).

### **How to Cherish Life**

Every time you do something that is one less time you do it. One day you will do something the final time and you will rarely know when that day comes.

For all you know, today might be the last time you walk in a particular neighborhood. Or it might be the last time you smile at a particular someone. To think otherwise, would be foolish. Nothing is guaranteed, except this moment. Your only real choice is to cherish every exchange like it is your last — because it very well might be.

Therefore, the best way to cherish life is to remind yourself of life's impermanence. It is to remember that every time you see someone that is one less time you see them. It is to remember that every time you go somewhere that is one less time you visit. By doing this, you naturally slow down. Almost like a reflex, you start to truly live (Andrew Anabi).

And, just as it only takes a moment to die, it only takes a moment to live. You just close your eyes and let every futile fear slip away. And then, in this new state, free from fear, you ask yourself: who am I? If I could live without doubt what would I do? If I could be kind without the fear of being fucked over? If I could love without fear of being hurt? If I could taste the sweetness of today without thinking of how I will miss that taste tomorrow? If I could not fear the passing of time and the people it will steal? Yes. What would I do? Who would I care for? What battle would I fight? Which paths would I step down? What joys would I allow myself? What internal mysteries would I solve? How, in short, would I live? (Matt Haig).

### **Joy in Daily Rituals**

Many people view their habits and routines as obstacles or, at the very least, obligations to get through. Making the morning coffee, driving your kids to the next activity, preparing the next meal—we often see our routines as chores to be completed.

But these are not moments to be dismissed. They are life. Making coffee can be a peaceful ritual—perhaps even a fulfilling one—if done with care rather than rushed to completion. It's about the amount of attention you devote to these simple moments, and whether you choose to appreciate them or bulldoze through them on the way to the next task.

Find the beauty and joy in your daily rituals and you will find beauty and joy in your daily life. To love your habits is to love your days, and to love your days is to love your life (James Clear)

### **I Will Enjoy this Life**

I will enjoy this life. I will open it like a peach in season, suck the juice from every finger, run my tongue over my chin. I will not worry about cliches or united guests peering in my windows. I will love and be loved. Save and be saved a thousand times. I will let the want into my body, bless the heat under my skin. My life, I will not waste it. I will enjoy this life (Kate Baer Poetry).

To enjoy life, we might have to stop thinking about what we will never be able to read and watch and say and do, and start to think of how to enjoy the world within our boundaries. To live on a human scale. To focus on the few things we can do, rather than the millions of things we can't (Matt Haig).

### **I Shall Not Live in Vain**

If I can stop one heart from breaking,  
 I shall not live in vain;  
 If I can ease in one life the aching,  
 Or cool one pain,  
 Or help one lonely person  
 Into happiness again,  
 I shall not live in vain.  
 (Emily Dickinson).

### **The Happiness Advantage**

If you observe people around you, you'll find most individuals follow a formula that has been subtly or not so subtly taught to them by their schools, their company, their parents, or society. That is: If you work hard, you will become successful, and once you become successful, then you'll be happy. This pattern of belief explains what most often motivates us in life. We think: If I just get that raise, or hit that next sales target, I'll be happy. If I lose that five pounds, I'll be happy. And so on. Success first, happiness second.

The only problem is that this formula is broken.

If success causes happiness, then every employee who gets a promotion, every student who receives an acceptance letter, everyone who has ever accomplished a goal of any kind should be happy. But with each victory, our goalposts of success keep getting pushed further and further out, so that happiness gets pushed over the horizon.

Even more important, the formula is broken because it is backward. More than a decade of ground-breaking research in the fields of positive psychology and neuroscience has proven in no uncertain terms that the relationship between success and happiness works the other way around. Thanks to this cutting-edge science, we now know that happiness is the precursor to success, not merely the result. And that happiness and optimism actually fuel performance and achievement—giving us the competitive edge I call the Happiness Advantage.

(The Happiness Advantage, Shawn Achor)

### **Happiness and Pleasure**

Most of us have been raised to believe that the road to a happy life is paved with pleasure, and that the pursuit of pleasure is the path to fulfillment. But as we grow up, we begin to realize that life is not always easy or pleasurable. In fact, much of it is difficult and painful. We all experience loss, disappointment, illness, aging, and eventually death. We encounter stress, anxiety, and fear. We suffer from the slings and arrows of everyday life.

And yet, we continue to cling to the idea that happiness is found in pleasure and the avoidance of pain. We try to avoid our painful experiences by numbing ourselves with drugs or alcohol, distracting ourselves with TV or social media, or obsessing over our work or our relationships. But the more we try to avoid the basic reality that all human life involves pain, the more we are likely to struggle with that pain when it arises, thereby creating even more suffering.

The truth is that happiness is not found in the avoidance of pain, but in the willingness to face and accept our pain. It is in the willingness to experience our painful thoughts and feelings, to acknowledge them without judgment, and to take action in line with our values and goals. It is in the willingness to be present in the moment, to connect with our senses and our environment, and to find joy and meaning in the simple things in life (Russ Harris, *The Happiness Trap*).

### **Curiosity and Drive**

People can help you in many ways throughout life, but there are two things nobody can give you: curiosity and drive. They must be self-supplied.

If you are not interested and curious, all the information in the world can be at your fingertips, but it will be relatively useless. If you are not motivated and driven, whatever connections or opportunities are available to you will be rendered inert.

Now, you won't feel curious and driven about every area of life, and that's fine. But it really pays to find something that lights you up. This is one of the primary quests of life: to find the thing that ignites your curiosity and drive.

There are many recipes for success. There is no single way to win. But nearly all recipes include two ingredients: curiosity and drive (James Clear).

### **Planning Vs Action**

Some projects benefit from early action. If you're writing a book, it's easy to spend a lot of time brainstorming titles and dreaming up an outline, but it's better to simply write. The book discovers itself as you go. Yes, you'll need to go back and organize things, but this is easier to do once you have material. The key is to act first and then organize your thinking.

Other projects benefit from early planning. The best way to build a skyscraper is to plan carefully. If you start placing steel beams on day one, you're guaranteed to run into problems. It is harder to make changes once you've begun. You'll need to tear it down and start over again. The key is to organize your thinking and then act.

Do you need early action or early planning?

(James Clear)

### **Being an Autotelic (Driven by purpose or curiosity)**

“I see people with talent, with all those things, but the one thing they don't have is just that love for doing it for the sake of it.” — Rodney Mullen

Days after losing in the 2010 French Open, Novak Djokovic told his coach, Marián Vajda, that he decided to quit playing tennis. Djokovic was No. 3 in the world, a grand slam winner, and a favorite to win Wimbledon.

Vajda immediately sensed the problem: Djokovic was focusing on rankings, titles, & external expectations.

Vajda asked, “Why did you start playing this sport?”

As Djokovic thought about Vajda’s question, he realized: many of his childhood memories include his ‘most beloved toy’—a mini tennis racket and a soft foam ball. He said he started playing, “because I just loved holding that racket in my hand.”

“Do you still love holding a racket in your hand?” Vajda asked.

Djokovic thought about it, got excited, and said: “I do. I still love holding a racket in my hand. Whether it’s a grand slam final on center court or just playing around on a public court, I like playing for the sake of playing.”

Vajda nodded, “That’s your source. That's what you need to tap into. Put aside rankings, what you want to achieve, & what you think others are expecting of you.” Djokovic agreed that he would.

And Djokovic never looked back ever since that moment.



The following season, Djokovic enjoyed one of the greatest seasons in sports history. He won 43 straight matches, including his first Wimbledon title. And he finished the year as the No. 1 player in the world.

"I started to play freely," Djokovic said. "I became the kid that I was when I started playing."

Takeaway 1:

There's a word for being like a kid who does something for the sake of doing it: Autotelic. From the Greek auto (self) & telos (end)—an Autotelic is "someone that has a purpose in, and not apart from, itself."

As opposed to someone who focuses on rankings, titles, and external expectations—for an Autotelic, "The work is the win," as Ryan Holiday once told me. "You have to get to a place where doing the work is the win and everything else is extra."

Takeaway 2:

When reading about Autotelics—people who simply seem to love what they do—a mistake is to think that it's all bliss all the time. One of my favorite Autotelics is the legendary skateboarder, Rodney Mullen.

"There are days," Rodney said, "where you don't want to go out. Or it hurts. Or you just suck—you're not making progress, and you feel defeated...But that's the nature of love—it's got hate in there, it's got pain in there. And that's what draws you in, that's the magnetism."

During the recent Wimbledon final, Djokovic angrily smashed and shattered his racket. And after losing the match, he admitted it will take him a while to get over the loss. That's the nature of love—it's got hate in there, it's got pain in there.

[\(Billy Openheimer\)](#)

### **Dependency on Tools**

Sometimes, I get these cute DMs:

*"Ankur, your pics are looking awesome. Which phone do you use?"*

*"Ankur, your videos are so sharp. Which camera do you use?"*

*"Your voice sounds so clear and deep. Which mic do you use?"*

*"You have been meditating for so long without fail, which app do you use?"*

Makes me smile :))

It's the equivalent of me asking someone, "Your book was wonderful. Which pen did you use?"

A lot of us are stuck in the wait for the right tools.

The right camera, the right phone, the right laptop, the right course, the right book, and the right app.

The right moment.

What we fail to recognize is that the tool is just that.

A tool.

A tool doesn't replace the hard work.

It elevates the hard work.

A tool doesn't improve the art.

It refines the artistry.

A tool doesn't replace the skill.

It enhances its application.

If you keep waiting for the right tool, you will never give your talent the chance to shine on its own merit.

Share your art today.

The tool will come.

(Ankur Warikoo).

### **Pay Attention to What You Pay Attention to**

In high school, Tom Hanks took drama classes and acted in school plays, but he never considered an acting career.

About a year after graduating, he ran into an old friend.

"Are you still doing plays?" the friend asked.

"No," Hanks said. "I'm a hotel bellman."

The friend said, "Shame on you. You should be taking drama classes, and you should be doing plays. Shame on you."

“That really rattled me,” Hanks said.

Prior to that exchange, Hanks didn’t see himself as someone with unique acting abilities.

That this friend, who once saw Hanks perform in a high school play, just assumed Hanks would still be acting—“That’s when this gong when off in my head,” Hanks said. “That was really the beginning of thinking I could be an actor.”

Days later, Hanks signed up for a drama class at a community college. After two years there, he transferred to California State University at Sacramento, “the only institute of higher education that I could get into where you could do plays,” Hanks explained.

He dropped out to join a professional theater company, the Great Lakes Shakespeare Festival. For his performance as Proteus in Shakespeare's “The Two Gentlemen of Verona,” Hanks won a theater critics award for Best Actor. A year later, he made his Hollywood debut, the beginning of one of the great acting careers ever.

Takeaway 1:

There’s a long list of what psychologists call “self-assessment biases.”

There’s The Dunning-Kruger Effect: the tendency of people who have low ability in a particular area to overestimate their competence. And vice versa: highly talented people tend to underestimate and take for granted what comes naturally to them.

Essentially, the self-assessment biases tell us that we’re terrible at objectively evaluating our capabilities. If not for a chance encounter, for example, Tom Hanks may have never realized his acting capabilities.

Everyone has some kind of capability that would be rare, impressive, and valuable to others but that they themselves discount or neglect because of one self-assessment bias or another.

Takeaway 2:

In every Tom Hanks interview I’ve read, watched, or listened to, I’ve been struck by the catalog of plays and movies he can reference, scenes he can quote, and actors he can tell a story about.

And then I learned that even before he got into taking drama classes or being in school plays, Hanks “spent a lot of time going to plays,” he said.

“I wouldn't take dates with me. I'd just drive to a theater, buy myself a ticket, sit in the seat, read the program, and then get into the play completely. I spent a lot of time like that.”

It made me think of the advice from Amy Krouse Rosenthal:

“For anyone trying to discern what to do with their life: PAY ATTENTION TO WHAT YOU PAY ATTENTION TO. That's pretty much all the info you need.”

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“Reconnect with your childhood obsession. You were obsessed with it as a child for a reason.” — Robert Greene

([Billy Openheimer](#))

## Guide to Minimalism

Declutter 5 life areas:

First, why go minimalist?

- An uncluttered life promotes mental clarity.
- Fewer possessions = more freedom & options.

Here we go, 5 areas to declutter...

### 1. Relationship Clutter

Evaluate your relationships.

- Spend more time with people who give you energy
- Spend less time with people who steal your energy
- If you're introverted, block out time to be alone

—

### 2. Physical Clutter

Pare down to essential items.

Then, manage both inbound & outbound possessions.

Inbound

- Choose quality > quantity
- Purchase less; love every single item more

Outbound

- Follow the 1 In, 1 Out Rule:

If you buy one item—donate, sell, or toss another.

—

### 3. Digital Clutter

Your digital environment is either producing clarity or complexity.

Choose clarity:

- Turn off notifications
- Organize projects in Notion
- Manage email with 3-21-0 Method
- Use a password manager
- Tidy your mobile images; offload saves to the cloud

—

#### 4. Financial Clutter

Simplify your finances:

- Use your money to buy time
- Cancel unused subscriptions
- Automate your bills, savings, investments
- Pay off debt with the Avalanche Method (Google it)
- Budget with the 50/30/20 Rule

(50% Needs, 30% Wants, 20% Savings)

—

#### 5. Time Clutter

Create unstructured, open space in your life.

- Block out time for non-doing on your calendar
- Take a break from social media + the news
- Accept fewer meetings
- Make "No" your default

—

In the words of Joshua Becker,

"The first step in crafting the life you want is to get rid of everything you don't."

Make minimalism your path to freedom.

(Ben Meer).

### **Being Authentic**

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are. Authenticity is not something we have or don't have. It's a

practice—a conscious choice of how we want to live. Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen (Brené Brown).

Authenticity is about being true to yourself, even when it's difficult. It's about being honest with yourself and others about who you are, what you believe in, and what you want. It's about living your life in a way that is consistent with your values.

Authenticity is not always easy. It can be challenging to stand up for what you believe in, even when others disagree with you. It can be difficult to be honest with yourself about your weaknesses and shortcomings. And it can be scary to put yourself out there and be vulnerable.

But authenticity is worth it. When you are authentic, you are living your life in a way that is true to yourself. You are not wasting time and energy trying to be someone you're not. You are free to be yourself, and that is the most powerful thing you can be.

Here are some tips for living an authentic life:

- Be honest with yourself. The first step to authenticity is to be honest with yourself about who you are, what you believe in, and what you want. This can be difficult, but it is essential.
- Be honest with others. Once you are honest with yourself, you can start to be honest with others. This means being open about your thoughts, feelings, and experiences. It also means being willing to share your vulnerabilities.
- Live your life in a way that is consistent with your values. Your values are the things that are most important to you. When you live your life in a way that is consistent with your values, you are being authentic.
- Don't be afraid to be different. Everyone is different. Embrace your uniqueness and don't be afraid to stand out from the crowd.
- Be kind and compassionate to yourself. Authenticity is a journey, not a destination. There will be times when you make mistakes or fall short. Be kind and compassionate to yourself when this happens. Learn from your mistakes and move on.

Authenticity is a powerful thing. It can lead to a more fulfilling life, better relationships, and greater success.

### Most Interested Person

Don't worry about being the most interesting person in the room, just try to be the most interested person in the room.

- The interested person asks about others and leaves a good impression because people like talking about themselves.
- The interested person is genuinely curious about someone's craft and learns a lot about how things work.
- The interested person engages with more people and—because opportunities come through people—is more likely to catch a lucky break.

In general, the interested person learns more and tends to be well-liked. And in the long run, it's hard to keep down someone who is well-learned and well-liked. (James Clear)

### Life's Unfairness

Karna asks Krishna - "My mother left me the moment I was born. Is it my fault I was born as an illegitimate child? I did not get an education from Dhronacharya because I was considered a non-Kshatriya. Parshu Ram taught me but then gave me the curse to forget everything since I was a kshatriya. A cow was accidentally hit by my arrow & its owner cursed me for no fault of mine. I was disgraced in Draupadi's swayamvar. Even Kunti finally told me the truth only to save her other sons. Whatever I received was through Duryodhana's charity. So how am I wrong in taking Duryodhana's side?"

Krishna replies, "Karna, I was born in a jail. Death was waiting for me even before my birth. The night I was born I was separated from my birth parents. From childhood, you grew up hearing the noise of swords, chariots, horses, bow, and arrows. I got only cow herd's shed, dung and multiple attempts on my life even before I could walk! No army, no education. I could hear people saying I am the reason for all their problems. When all of you were being appreciated for your valor by your teachers, I had not even received any education.

I joined the gurukul of Rishi Sandipani only at the age of 16! You are married to a girl of your choice. I didn't get the girl I loved & rather ended up marrying those who wanted me or the ones I rescued from demons. I had to move my whole community from the banks of Yamuna to far off Seashore, to save them from Jarasandh. I was called a coward for running away. If Duryodhana wins the war you will get a lot of credit.

What do I get if Yudhishtir wins the war?

Only the blame for the war and all related problems.

Remember one thing, Karna...

Everybody has challenges in life.

LIFE IS NOT FAIR ON ANYBODY.

Duryodhana also has a lot of unfairnesses in life and so has Yudhishtir.

But what is Right (Dharma) is known to your mind (Conscience).

No matter how much unfairness we have got, how many times we were disgraced, how many times we were denied what was due to us, what is important is how you REACTED at that moment.

Stop whining Karna.

Life's unfairness does not give you a license to walk the wrong path (Anonymous).

### **The Google Maps analogy on Life**

Have you noticed how Google Maps never yells, condemns or castigates you if you take the wrong turn? It never raises its voice and says, "You were supposed to go LEFT at the last crossing, you idiot! Now you're going to have to go the LONG way around and it's going to take you SO much more time, and you're going to be late for your meeting! Learn to pay attention and listen to my instructions, OK???"

If it did that, chances are, a lot of us might stop using it. But Google simply Re-Routes and shows you the next best way to get there. Its primary interest is in getting you to reach your goal, not in making you feel bad for having made a mistake. T

here's a great lesson...

It's tempting to unload our frustration and anger on those who have made a mistake, especially those we are close to & familiar with. But the wisest choice is to help in fixing the problem, not to blame.

Have you had Re-Routing moments recently? With others, and also with your own self? (Unknown).

### **Problems: Muddy Puddles or Leaky Ceilings**

I split problems into two groups: muddy puddles and leaky ceilings.

Some problems are like muddy puddles. The way to clear a muddy puddle is to leave it alone. The more you mess with it, the muddier it becomes. Many of the problems I dream up



when I'm overthinking or worrying or ruminating fall into this category. Is life really falling apart or am I just in a sour mood? Is this as hard as I'm making it or do I just need to go workout? Drink some water. Go for a walk. Get some sleep. Go do something else and give the puddle time to turn clear.

Other problems are like a leaky ceiling. Ignore a small leak and it will always widen. Relationship tension that goes unaddressed. Overspending that becomes a habit. One missed workout drifting into months of inactivity. Some problems multiply when left unattended. You need to intervene now.

Are you dealing with a leak or a puddle?

(James Clear).

### **The 4 Types of Luck**

In 1978, a neurologist named Dr. James Austin published a book entitled Chase, Chance, & Creativity: The Lucky Art of Novelty.

In it, he proposed that there are 4 types of luck:

- (1) Blind Luck
- (2) Luck from Motion
- (3) Luck from Awareness
- (4) Luck from Uniqueness

Here's what they are:

#### Type 1: Blind Luck

Completely out of your control:

- Where you are born
- Who you are born to
- Base circumstances of your life
- "Acts of God"

These are the truly random occurrences of the universe.

#### Type 2: Luck from Motion

You're creating motion and collisions through hustle and energy that you are inserting into an ecosystem.

You increase your luck surface area through simple movement.

The increase in collisions opens you up to more lucky events.

### Type 3: Luck from Awareness

Depth of understanding within a given arena allows you to become very good at positioning yourself for lucky breaks.

Naval says: "You become very good at spotting luck."

You can "spot luck" from a mile away because of your knowledge and experience.

### Type 4: Luck from Uniqueness

Your unique set of attributes attracts specific luck to you.

"[This type] favors those with distinctive, if not eccentric hobbies, personal lifestyles, and motor behaviors." - Dr. James Austin

Type 4 Luck actually seeks you out.

### The Stages of Luck

I personally think of Types 1-3 as coming in stages as you grow up:

- Type 1 dictates your early years
- Type 2 as you hustle in your 20s
- Type 3 as you gain experience in your 30s+

Type 4 is unique—it's dislocated from age.

Always remember the Luck Razor:

When choosing between two paths, choose the path that has a larger LUCK SURFACE AREA.

Your actions put you in a position where luck is more likely to strike.

It's hard to get lucky watching TV at home—it's easy to get lucky when you're engaging and learning.

There are lots of simple ways to increase your luck surface area:

- Talk to more new people
- Send more cold emails
- Write/share in public

- Participate in digital communities
- Spend time in rooms where you feel like the dumb one

(Sahil Bloom) <https://www.sahilbloom.com/newsletter/the-4-types-of-luck>

### **Luck and Privilege**

6 things that I believe defined 99% of where I am in life today.

- 1/ I was born male.
- 2/ I was born fair-skinned.
- 3/ I was born to parents who went to college.
- 4/ I was sent to an English medium school.
- 5/ I was raised in a big city (Delhi).
- 6/ I was born in a Hindu Brahmin family.

Think about it.

I had nothing to do with any of these 6 things - and yet, in the time and era that I was born in, these 6 things set me up in massive ways.

It would be pompous for me to think that it was my hard work, grit, discipline, or anything like that which played a major role in getting me to where I am today.

The truth is - I am privileged.

I was born into a very small, tight funnel which set me up for a lot of things in life that millions of people will never get to see.

They work far harder than I ever will. A lot of them are far smarter than I will ever be.

I just got lucky.

Luck is a fascinating concept.

Just because we can't measure it, we tend to undervalue it. Or worse, try to think that we can make our own luck.

Sure we can. But that's a finetune on the actual luck (or the lack of it) that you didn't have any agency over.

My wife, Ruchi, and I think about this often as parents.

Our kids are born into massive privilege that they didn't have to work for at all.

- Abundance of money
- Global exposure
- Educated parents
- World-class education

The list doesn't end.

What is our role as parents, then?

Is it to snatch away their privilege?

Make them experience 'the real world'?

Make them sweat?

Yes, to some extent.

But they will still experience the privilege. It can't be wished away.

So our main role, we figured, is to make them recognize this privilege every day.

When they sit in an air-conditioned car, licking their fancy premium ice cream and someone knocks on the door trying to sell them a tissue box costing less than what the ice cream costs, the one thought that should NEVER cross their mind is - I am above them and they are lesser than me.

Instead, the thought should be - I am grateful for what I have today, for which I have done nothing. I just got lucky.

Recognize your luck.

Embrace it humbly.

(Ankur Warikoo).

### **Types of Wealth**

- Inner Wealth: Positive mindset, high self-respect, internal peace, and spiritual connection.
- Physical Wealth: Your health and overall physical well-being.
- Family and Social Wealth: Strong relationships with family and friends.
- Financial Wealth: Money and other financial assets.
- Career and Skill Wealth: Professional fulfilment and satisfaction.
- Adventure Wealth: The experiences and challenges that contribute to personal growth.
- Impact Wealth: Making a positive contribution to the world and leaving a legacy.

(Management Advisors BV).

### **Making Money and Building Wealth**

Your background. Insufficient knowledge. Limited experience. Lack of expertise.

These are NOT the things that hold you back from making money.

From building wealth.

From living the life you deserve.

What holds you back are your deep-rooted beliefs.

The beliefs that tell you:

- Middle-class people rarely get rich.
- You have too many financial obligations.
- Money is too complicated to understand.
- Salary is the only source of income.
- Only rich or lucky people get wealthy.

Your beliefs can ruin you financially.

Or they can set you up for life.

Change your beliefs, change everything.

(Ankur Warikoo).

### **Corporate Job Vs Startup**

A corporate job, early in your career, can shape you up meaningfully.

1. It gives you financial stability. Which sets up a good foundation for you to be able to take risks in the future.
2. It teaches you the power of planning, of systems, of processes.
3. It shows you the magic of teams and how your individual contribution at a micro level comes together with that of several others, to create impact at a macro level.

There is a place for startups.

And there is a place for jobs.

You do your thing.

Instead of living in FOMO.

No one becomes cool by dissing the choices of others. (Ankur Warikoo).

### **20 signs that you are doing better than you think you are**

1. You paid the bills this month and maybe something more for non-essentials as well.

2. You questioned yourself.

You feel miserable some days.

This means you are still open to growth.

3. You have an income.

You are earning money that helps you sleep, eat, and wear something.

4. You have time to do something that you enjoy. Even if it is lying on the couch, watching Netflix.

5. You are not worried about where your next meal is coming from.

6. You can eat for pleasure.

It is not a matter of sheer survival for you.

7. You have 1 or 2 truly close friends.

And you realise that may be enough.

8. You can afford the smallest conveniences - a metro ride, Uber/Ola, or a cup of coffee at your favourite cafe.

9. You are not the same person you were a year ago.

10. You have the time and means to do something beyond the bare minimum.

You have recently read a book, been to a concert, worked out, or taken a day trip.

11. You have a selection of clothing you can choose from.

Or it was a choice not to.

You are in a position to decide.

12. You can sense what is not right in your life.

You may not know how to solve it yet, but you know something is off.

13. If you talk to your younger self, you would be able to say "We did it".

14. You have a space of your own.

Doesn't need to be a home or apartment.

Could be a sofa, a corner, or a desk.

Something or someplace that you call your own.

15. You have chosen to break away from toxic relationships.

16. You are interested in something.

Something that excites you and intrigues you.

17. You know how to take care of yourself.

How many hours of sleep you should get, what to do for fun, who you can turn to during tough times.

18. You are working towards a goal.

Something that drives you; that motivates you even if it doesn't come with any potential reward.

19. You are not set on only one future version of yourself.

You allow yourself to be flexible.

20. You have been through crap and have survived.

Life didn't get easier. You got stronger.

How many did you score out of 20?

(Ankur Warikoo)

### **On Inspiration**

The advice I like to give young artists, or really anybody who'll listen to me, is not to wait around for inspiration. Inspiration is for amateurs; the rest of us just show up and get to work.

If you wait around for the clouds to part and a bolt of lightning to strike you in the brain, you are not going to do an awful lot of work.

All the best ideas come out of the process; they come out of the work itself. Things occur to you. If you're sitting around trying to dream up a great idea, you can sit there a long time before anything happens. But if you just get to work, something will occur to you and something else will occur to you and something else that you reject will push you in another direction. Inspiration is absolutely unnecessary and somehow deceptive. You feel like you need this great idea before you can get down to work, and I find that's almost never the case (Chuck Close).

### **Right Questions**

Smart people focus on solving problems. Brilliant people don't.

They focus on asking the RIGHT questions. And then the questions solve the problems.

My top 3 questions:

1. "What is the most important thing for you in life right now?"

Whenever someone asks me for career advice, this is the first question I ask them.

If it is money, then are they ready to face a toxic work culture because of it?

If it is peace, then are they ready to sacrifice their luxuries for it?

It is a very interesting question, and you won't believe how many people are unable to answer it.

Why is the answer important?

Because if we do not know the one thing we want from life right now, the next best thing we want is EVERYTHING.

And that is a disaster.

2. "What do you WANT to do?"

Going to the depth of the reason behind their actions tells a person so much about their own selves.

Do they operate out of obligation (have to), lack of choice (need to), or desire (want to)?

3. What is the worst thing that can happen?

Are you ready to face that worst thing?

Emotionally, socially, financially, psychologically, and physically?

If yes, go for it!

If there is even a shred of doubt, then don't.



Answering these 3 questions will solve most answers you are looking for in life :)  
(Ankur Warikoo).

### **Evolve or Remain**

You are being presented with a choice: evolve or remain.

If you choose to remain unchanged, you will be presented with the same challenges, the same routines, the same storms, the same situations, until you learn from them, until you love yourself to say 'no more', until you choose to change.

If you choose to evolve, you will connect with the strength within you, you will explore what lies outside the comfort zone, you will awaken to love, you will become, you will be.

You have everything you need.

Choose to evolve.

(Creig Crippen).

### **Sport Teaches You**

Sport teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose - it teaches you about life (Billie Jean King).

Life is like a sport. It's not about winning or losing. It's about how you play the game (Anonymous). The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well (Pierre de Coubertin).

In sports, as in life, you must play by the rules to achieve success (Anonymous).

Just as in sports, in life, facing a tough challenge can bring out the best in us (Anonymous).

### **Target Mapping**

Target mapping is defining your final outcome or goal and then working backward from that target to build a strategy and plan to reach the goal. Extremely successful people in any walk of life have a fantastic ability to think this way. If you ever find yourself feeling like you're walking a bit aimlessly, it's most likely because you haven't defined a destination, goal, or outcome and you're just "doing".

Picking a target and then working backward helps you see all the important steps or stages you need to reach in order for that desired end result to happen.

Want to wake up refreshed and rested at six every morning?

Want to have \$1 million in investments working for you in ten years?

Want to end a tournament with your hands raised, feeling victorious and ecstatic about your performance?

Want to have a lean, fit, and healthy body you're proud of in ninety days?

Want to show up at the airport ninety minutes before your flight?

Then work backward to map out a plan with the steps that will ensure it happens.

Does it mean you'll reach your goal with 100 percent certainty? Of course not. However, you've just increased the likelihood by a vast margin (Todd Herman, *The Alter-Ego Effect*).

### **Developing Self-confidence and Self-esteem**

#### Do hard things.

- Waking up at 5am is hard.
- Running first thing in the morning is hard.
- Working on your business alone on a Saturday night is hard.
- Quitting your job to pursue what makes you happier is hard.
- Moving to a new place to find better friends is hard.
- Deciding what you want to do with your life is hard.

#### Doing hard things breeds confidence.

If you do these things, you will begin to develop self-esteem.

*But what is self-esteem?*

Esteem is respect and admiration.

Self-esteem is respect and admiration for *yourself*.

That's right, it means you think you're awesome.

And not in some arrogant way. We all know people like that and they are no fun.

Most often, behind the facade and underneath the layers, they are simply seeking approval.

*We all are.*

Start by getting your own approval.

Understand that you have value.

“The man who does not value himself, cannot value anything or anyone.”

— Ayn Rand

True confidence is knowing fully, that you are able to rely on yourself.

Knowing you are in control of yourself.

Knowing you'll execute on what you decide to do.

Knowing you'll figure it out—and trusting yourself to do so.

*Want to build confidence fast?*

Start by doing hard things.

**Source:** [Paul Carleton answer](#) in Quora

The ability to do hard things is perhaps the most useful ability you can foster in yourself or your children. And proof that you are someone who can do them is one of the most useful assets you can have on your life resume.

Our self-image is composed of historical evidence of our abilities. The more hard things you push yourself to do, the more competent you will see yourself to be.

If you can run marathons or throw double your body weight over your head, the sleep deprivation from a new-born is only a mild irritant. If you can excel at organic chemistry or econometrics, onboarding for a new finance job will be a breeze.

But if we avoid hard things, anything mildly challenging will seem insurmountable. We'll cry into TikTok over an errant period at the end of a text message. We'll see ourselves as incapable of learning new skills, taking on new careers, and escaping bad situations.

The proof you can do hard things is one of the most powerful gifts you can give yourself. (Nat Eliason, Entrepreneur & Writer)

### **3 Daily Wins**

You need 3 daily wins:

A physical win.

Walking, running, lifting, swimming..

A mental win.

Reading, writing, creating, learning..

A spiritual win.

Praying, meditating, studying, growing..

Be a complete winner!

(Unknown).

### **The Root of Suffering**

According to Buddhism, the root of suffering is neither the feeling of pain nor of sadness nor even of meaninglessness. Rather, the real root of suffering is this never-ending and pointless pursuit of ephemeral feelings, which causes us to be in a constant state of tension, restlessness and dissatisfaction.

Due to this pursuit, the mind is never satisfied. Even when experiencing pleasure, it is not content, because it fears this feeling might soon disappear, and craves that this feeling should stay and intensify.

People are liberated from suffering not when they experience this or that fleeting pleasure, but rather when they understand the impermanent nature of all their feelings, and stop craving them.

This is the aim of Buddhist meditation practices.

In meditation, you are supposed to closely observe your mind and body, witness the ceaseless arising and passing of all your feelings, and realise how pointless it is to pursue them. When the pursuit stops, the mind becomes very relaxed, clear and satisfied.

All kinds of feelings go on arising and passing – joy, anger, boredom, lust – but once you stop craving particular feelings, you can just accept them for what they are. You live in the present moment instead of fantasising about what might have been.

The resulting serenity is so profound that those who spend their lives in the frenzied pursuit of pleasant feelings can hardly imagine it. It is like a man standing for decades on the seashore, embracing certain ‘good’ waves and trying to prevent them from disintegrating, while simultaneously pushing back ‘bad’ waves to prevent them from getting near him. Day in, day out, the man stands on the beach, driving himself crazy with this fruitless exercise. Eventually, he sits down on the sand and just allows the waves to come and go as they please. How peaceful! (Yuval Noah Harari, *Sapiens: A Brief History of Humankind*)

### **Happiness & Hormones**

Human happiness (as we know it) is caused by 4 basic hormones (chemicals): Dopamine, Endorphins, Serotonin, Oxytocin.

On your journey to become fit, your body released endorphins to cope with the pain of physical exercise. You probably began to enjoy exercise as you got more into it, and the endorphins made you happy - temporarily.

On your journey to become rich, you probably completed many tasks and goals. You probably bought all the things you've ever wanted. Nice cars, beautiful clothes, and a perfect home. This released dopamine in your brain when you achieved your goals and bought these things, which once again contributed to your happiness - temporarily.

It turns out that human happiness is incomplete without all 4 chemicals constantly being released in the brain. So now you need to work on releasing serotonin and oxytocin.

Serotonin is released when we act in a way that benefits others. When we give to causes beyond ourselves and our own benefit. When we connect with people on a deep, human level. Doing this session is releasing serotonin in my brain right now because I'm using my precious time to give back to others for free. Hopefully I'm providing useful information that can help other people, like yourself. That's why you often see billionaires turning to charity when they have already bought everything they wanted to, and experienced everything they wanted to in life. They've had enough dopamine from material pleasures, now they need the serotonin.

Oxytocin on the other hand, is released when we become close to another human being. When we hug a friend, make love to our partner, or shake someone's hand, oxytocin is released in varying amounts. Oxytocin is easy to release. It's all about becoming more social! Share your wealth with your friends and family to create amazing experiences. Laugh, love, cooperate, and play with others.

Source: [Quora answer](#) by Karim Elsheikh

### **Being unhappy isn't easy**

When one door of happiness closes, another opens. But often we look so long at the closed door that we do not see the one which has been opened for us (Helen Keller).

\_\_Top wisdom\_\_ Your unhappiness cannot be blamed on your past or your environment. And it isn't that you lack competence. You just lack courage. One might say you are lacking in the courage to be happy (Ichiro Kishimi).

Are you unhappy? Really? I'm not so sure you qualify. Will you run through this checklist?

- Make a list on the right of all things you are grateful for. Make it as detailed as you can. When (and if) you finish, make a list of all things you are sad about on the left. Only if the left is longer do you qualify to be unhappy. 98% of those unhappy will not pass this checkpoint.
- You still want to test yourself? If you live in India, remember the last time you visited the toilet. Was at home?! Oh wow! Over 50% of Indians DO NOT have a toilet at home. If you can go to the loo several times a day in the privacy of your home, you should be very happy & grateful.
- If you're reading this post, you belong to the elite 13% of the world that has access to technology, social media & the power to engage & dialog with people. Aren't you grateful? 6 out of 7 people can't even express themselves like this.
- Still feeling bad? If you live in China, you can't speak, read, listen or even meet people without state control & supervision. If you call a politician bad, you will go to jail. Don't you feel happy that you have freedom?

Feeling unhappy is the labor of the restless, bored mind. Snap out of it NOW!  
(Unknown).

### **Making an Activity Less Convenient**

The harder it is to do something, the harder it is to do it impulsively, so inconvenience helps us stick to good habits. Six obvious ways to make an activity less convenient:

1. Increase the amount of physical or mental energy required (leave the cell phone in another room, ban smoking inside or near a building).
2. Hide any cues (put the video game controller on a high shelf).
3. Delay it (read email only after 11:00 a.m.).
4. Engage in an incompatible activity (to avoid snacking, do a puzzle).
5. Raise the cost (one study showed that people at high risk for smoking were pleased by a rise in the cigarette tax; after London imposed a congestion charge to enter the center of the city, people's driving habits changed, with fewer cars on the road and more use of public transportation).
6. Block it altogether (give away the TV set).

(Gretchen Rubin).

### **On Playfulness**

Get playful

Carry a sense of playfulness into the heart of whatever you're doing. You have work to get done, and you might as well make it fun.

Start things off with a smile. That in itself elevates your mood and ignites your creativity.

Discover how you can be resolutely serious about what you're doing while maintaining a playful demeanour. As complicated, difficult, and demanding as life can be, you're able to have fun with it.

Playfulness connects you with the authentic person you are, and with the authenticity in others as well. That will boost your energy, unleash creativity and enhance resourcefulness.

Do successful people have fun because they're successful or are they successful because they have fun? It's probably some of both, yet it never hurts to find out for yourself.

Not only is playfulness fun, it's powerful. So why not?

(Ralph Marston).

### **On Doubt**

Doubt is such a strange thing.

There will be times when you succeed and times when you fail. So wasting your time doubting if you'll be successful or not, is pointless.

Just put one foot in front of the other, control what you can control, and then see what the outcome is.

If you win, great, you're going to have to wake up the next day and do the journey all over again.

If you lose, sucks, but you'll have to wake up the next day and do the journey all over again anyway. (Kobe Bryant)

### **On Fear**

I was petrified on my first day on a film set, and almost never showed up.

30 years later I still felt nervous on my first day of filming with the great Rajnikanth Sir.

At home, I felt jittery when Athiya was bringing Rahul over to meet us as a family for the first time.

Everyone, without exception, knows what fear feels like. We've all faced it at some point - in both, our professional & personal journeys.

But here's the thing – what if we treated fear like it could be our ticket to something big?

In my years in films and business, I've learned a thing or two about those scary moments.

With time, I trained myself to treat fear like little signals that I'm standing on the edge of something great. It's almost like my mind telling me, "Hey pay attention, something important is happening here!"

Think about it – whenever we've faced something new, whether it's stepping onto a movie set for the first time or diving into a new venture, we naturally feel fear or nervousness.

Just like when you're hiking up a steep mountain and your heart pounds, fear is a sign that you're climbing towards a breathtaking view.

It's the moment before the curtain rises on a stage where you're about to shine. It's that split second before you take a leap, that could redefine your journey.

Why should we give fear a negative meaning?

If we remind ourselves that fear is not necessarily a bad thing, and instead treat it like a sign from above, and use it to give that opportunity our best shot, we really could be making the best of it.

Can we remind ourselves that fear is a natural part of growth? Can we treat fear like it was a gym for courage?

Sure, fear can make our knees wobble and make us jittery, but from my experiences - it's been like my personal trainer during some of the most important moments of my career and life.

Also, here's the truth - at most times, what we fear isn't even real. It's just a collection of doubts.

The more you face those fears head-on, the more you'll realise they take care of themselves.



Next time you feel fear, just take a deep breath, stand tall and remind yourself that you're on the brink of something goooooood. It means you're pushing boundaries for bigger dreams.

Fear is good.

(Suniel Shetty, Actor).

### **On Failure**

When my brother and I were growing up, my father would encourage us to fail. We'd sit around the dinner table and he'd ask, "What did you guys fail at this week?" If we had nothing to tell him, he'd be disappointed. The logic seems counterintuitive, but it worked beautifully.

He knew that many people become paralyzed by the fear of failure. They're constantly afraid of what others will think if they don't do a great job and, as a result, take no risks. My father wanted us to try everything and feel free to push the envelope. His attitude taught me to define failure as not trying something I want to do instead of not achieving the right outcome.

(Sara Blakely, Entrepreneur).

### **On Handling Doubts**

If you're in doubt about something that's not in your life, try it. Things are so different in practice versus in theory. The only way to know is to experience it yourself. ... Err on the side of yes. Try it. If it was a mistake, at least you'll know first-hand, instead of always wondering.

If you're in doubt about something that's in your life already, get rid of it. Not just things, this goes for identities, habits, goals, relationships, technology, and anything else. Default to not having it, then see how you do without. ... Err on the side of no. Get rid of it. Start with a clean slate. If it was a mistake, you'll get it back with a renewed enthusiasm.

(Derek Sivers, *When in Doubt, Try the Difference*).

It's important to have boundaries in life, but sometimes you may feel guilty for enforcing them. Aren't I supposed to be generous? Am I unkind if I say no to this?

The question isn't whether to be flexible or firm, but when to be each one. A good life has a healthy mix of selfish boundaries and unselfish giving. You don't have to be all things at all times. Sometimes you pour for others and sometimes you refill your own cup.

What does this moment call for? (James Clear).

### **On Loneliness**

We are in the midst of a loneliness epidemic.

5 things I'm doing to fight back:

#### ➡ 1. Reaching out to people

It's amazing how a simple "thought of you today" message can reignite a dormant connection or spark an unexpected conversation.

#### ➡ 2. Less time on social media (ironic, I know)

The issue with social media is it gives a false sense of connection. Like fool's gold—shiny on the surface, but lacking real substance. Deep connections are built through shared experiences, and time spent together in person, not through pixels on a screen.

#### ➡ 3. Planning memories

Yes, you can plan memories. Think about the best times you've had with friends or family. What did those moments have in common? Plan more events that put you in situations ripe for creating lasting memories.

#### ➡ 4. Seeking out new interests

It's never too late to try something new, and this is often the best way to connect with like-minded people.

#### ➡ 5. Making it a priority

The easiest way to tell if something's a priority—is it on your calendar or not? You schedule work meetings and doctor's appointments because they're important. Why not do the same for catching up with a friend or calling a family member.

Remember:

When it comes to connection, a little intention goes a long way.

(Colby Kultgen).

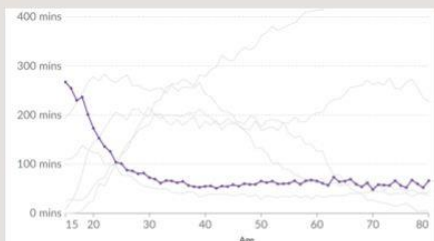
### **6 Graphs Everyone Must See**

# Who do we spend the most time with in life?

## 6 graphs everyone must see:

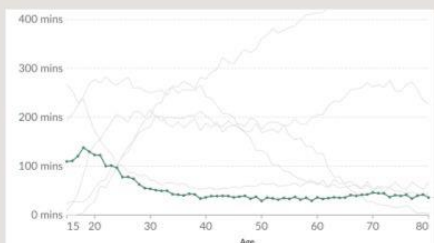
© Jade Bonacolta

### 1. TIME WITH PARENTS



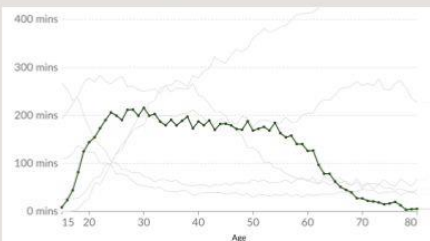
Time with parents sharply declines after age 20. Cherish it. Call them.

### 2. TIME WITH FRIENDS



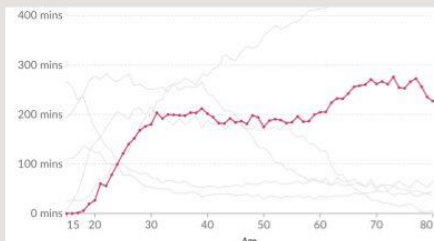
Choose your friends wisely. You can only keep a few of them over the long run.

### 3. TIME WITH COWORKERS



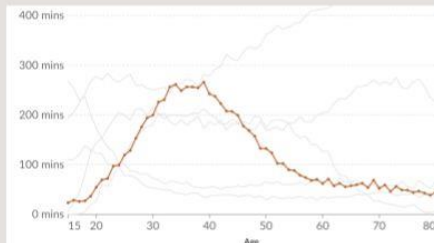
👉 That's a LOT of time with coworkers. Don't settle at a job you dislike.

### 4. TIME WITH YOUR PARTNER



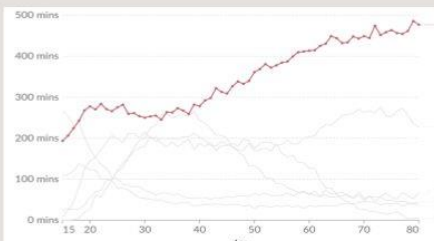
Who you choose to love is the most important decision you'll ever make.

### 5. TIME WITH YOUR KIDS



You only get 18 summers while your kids are young. Be present.

### 6. TIME ALONE



You spend the majority of your life with YOU. Make sure you enjoy your company.

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**Jade Bonacolta** 🌟

### 1. TIME WITH PARENTS

↳ This decreases dramatically after the age 20. If you only see your parents 2x a year (and they're in their 60s)... you might only see them 40 more times.

- Try to live close to the people you love.
- When apart, call them and say the things you'll wish you told them more.

## 2. TIME WITH FRIENDS

↳ Of all 6 groups, you get the least time with friends.

- Choose your friends wisely. You can only keep a few.
- Make sure they inspire you / give you energy (rather than drain it).

## 3. TIME WITH COWORKERS

↳ Between the ages of 20-56, you spend a TON of time with coworkers.

- Don't settle for a job you dislike.
- Set healthy boundaries with your time.

## 4. TIME WITH A PARTNER

↳ Continually trends upward, peaking after age 58.

- "Choose your life's mate carefully. From this one decision will come 90% of all your happiness or misery." — Jackson Brown, Jr.
- Find the person who keeps bettering themselves and growing with you.

## 5. TIME WITH CHILDREN

↳ Peaks while your kids are young, and then sharply declines.

- Be present for those 18 years.
- When you're feeling frustrated, imagine when they're grown and you don't get to see them often.

## 6. TIME ALONE

↳ After 40, people spend an increasing amount of time alone.

- No surprise— you'll spend the most time solo. (4-8 hours per day)
- Invest in self-awareness and growth so that you love your own company.

### **Do Not Burn Yourself Out**

Do not burn yourselves out. Be as I am - a reluctant enthusiast, a part-time crusader, a half-hearted fanatic. Save the other half of yourselves and your lives for pleasure and

adventure. It is not enough to fight for the land; it is even more important to enjoy it. While you can. While it's still here. So, get out there and hunt and fish and mess around with your friends, ramble out yonder and explore the forests, climb the mountains, bag the peaks, run the rivers, breathe deep of that yet sweet and lucid air, sit quietly for a while and contemplate the precious stillness, the lovely, mysterious, and awesome space. Enjoy yourselves, keep your brain in your head and your head firmly attached to the body, the body active and alive, and I promise you this much; I promise you this one sweet victory over our enemies, over those desk-bound men and women with their hearts in a safe deposit box, and their eyes hypnotized by desk calculators. I promise you this; You will outlive the bastards (Edward Abbey).

### **Circumstances Don't Make a Person**

Circumstances don't make a person, they reveal him.

It's extremely rare to find a successful person who whines, complains, and frets about her circumstances. This is despite the fact that she may have overcome great obstacles to achieve her level of success.

On the other hand, it's extremely common for struggling individuals to continually blame their circumstances for their lack of joy and abundance.

The real question is: What came first – the attitude or the success? The answer in virtually all cases, is that the winning, positive attitude came first, followed by a lifetime of abundance.

(Richard Carlson, *Don't Sweat the Small Stuff*)

### **Don't Take it Personally**

Whatever happens around you, don't take it personally. Nothing other people do is because of you. It is because of themselves.

Even when a situation seems so personal, it has nothing to do with you. What they say, what they do, and the opinions they give are projections of their own internal thoughts.

When we take something personally, we make the assumption that they know what is in our world, and we try to impose our world on their world.

When we don't take things personally, it gives us more power over our thoughts, feelings and actions.

When we don't take things personally, we recognize the individuality of others and we can accept that other people are different from us. We have little control over how others view us and relate to us. We have more control over how we view ourselves and the situation, and how we respond to it.

The truth is that, we tend to make assumptions and judgments about other people without knowing the full story. And more often than not, what we assume about a person is wrong.

There is a huge amount of freedom that comes to you when you take nothing personally.

(Don Miguel Ruiz, *The Four Agreements*)

### **Travel as far and as widely as possible**

*\_\_Intropect\_\_* If you could travel anywhere for free, where would you be right now?

Long ago, I realized that if I was feeling low, as if life no longer held any interest, it was because I had no trips planned (Thomas Swick).

*\_\_Top wisdom\_\_* I urge you to travel – as far and as widely as possible. Sleep on floors if you have to. Find out how other people live and eat and cook. Learn from them — wherever you go (Anthony Bourdain). Not all classrooms have four walls (Unknown).

I would rather own little and see the world, than own the world and see little of it (Alexander Sattler).

*\_\_Top wisdom\_\_* Travel is never a matter of money but of courage (Paulo Coelho).

Travel is a fantastic self-development tool, because it extricates you from the values of your culture and shows you that another society can live with entirely different values and still function and not hate themselves. This exposure to different cultural values and metrics then forces you to re-examine what seems obvious in your own life and to consider that perhaps it's not necessarily the best way to live (Mark Manson).

*\_\_Top life-hack\_\_* Travel. Your money will return. Your time won't (Unknown).

The more the experiences, the better the life. The person who experiences the most, wins (Robin Sharma). Journey of life starts with a full bag of luck and an empty bag of experience... The goal is to fill the bag of experience before the bag of luck gets empty (Unknown). You cannot create experience. You must undergo it (Albert Camus).

The best things in life are the people you love, the places you've seen, and the memories you've made along the way (Unknown).

*\_\_Top life-hack\_\_* Sometimes you just need an adventure to cleanse the bitter taste of life from your soul... (Unknown).

Of all the books in the world, the best stories are found between the pages of a passport (Unknown). Because in the end, you won't remember the time you spent working in an office or mowing your lawn. Climb that Goddamn Mountain (Jack Kerouac).

*\_\_Top wisdom\_\_* Travel is about quality, not quantity. Don't worry about how much you see. Don't worry about trying to impress people with the number of countries you've visited. Slow down, soak up your destinations, and enjoy the deeper connections you make (Nomadic Matt).

*\_\_Assimilate\_\_* *Research and list places you want to travel. Save up, plan and travel as often as you can.*

**You start dying slowly if...**

You start dying slowly  
if you do not travel,  
if you do not read,  
If you do not listen to the sounds of life,  
If you do not appreciate yourself.

You start dying slowly  
When you kill your self-esteem;  
When you do not let others help you.

You start dying slowly  
If you become a slave of your habits,  
Walking every day on the same paths...  
If you do not change your routine,  
If you do not wear different colours  
Or you do not speak to those you don't know.

You start dying slowly  
If you avoid to feel passion  
And their turbulent emotions;  
Those which make your eyes glisten  
And your heart beat fast.

You start dying slowly  
If you do not change your life when you are not satisfied with your job, or with your love,  
If you do not risk what is safe for the uncertain,  
If you do not go after a dream,  
If you do not allow yourself,  
At least once in your lifetime,



To run away from sensible advice.

(Martha Medeiros)

*\_\_\_Assimilate\_\_\_ Make a bucket list of the 101 things you want to do before you die.  
And chase them down.*

### **Understanding Spiritual Maturity**

Rumi, a 13th century Persian spiritual teacher, was asked: What is spiritual maturity? His answer -

1. It's when we stop trying to change others and focus on changing ourselves.
2. It is when we accept people as they are.
3. It is when we understand that everyone is correct according to their own perspective.
4. It is when we learn to "let go".
5. It is when we are able to not have "expectations" in a relationship, and we give of ourselves for the pleasure of giving.
6. It is when we understand that what we do, we do for our own peace.
7. It's when we stop showing the world how smart we are.
8. It's when we stop seeking approval from others.
9. It's when we stop comparing ourselves to others.
10. It is when we are at peace with ourselves.
11. It is when we are able to distinguish between "need" and "want" and we are able to let go of that want.
12. Spiritual maturity is gained when we stop attaching "happiness" to material things!

### **Here's what's cool**

- Random acts of kindness.
- Acts of courage: Standing up for what's right, even when it's difficult.
- Active listening: Paying full attention when someone is speaking.
- Bouncing back from adversity with grace and strength.
- Mindfulness: Practicing self-awareness and living in the present moment.
- Prioritizing physical and mental well-being.

- Maintaining a strong moral compass.
- Showing appreciation for people and things in your life.
- Continuously seeking knowledge and personal growth.
- Being open-minded to learn and accept new things.
- Helping without expecting anything in return.
- Being environmentally conscious.
- Bringing laughter and joy to people's lives.

### **Establish your relationship with God**

Stop stressing. I will get you through this – God (Unknown).

When Einstein attended some conferences in the numerous universities of the USA, the recurring question that the students asked him was: Do you believe in God? And he always answered: *"I believe in the God of Spinoza."*

For the ones who haven't read Spinoza, I hope this will give them an idea.

Baruch De Spinoza was a Dutch philosopher, of Portuguese Jewish origin, considered one of the great rationalists of his time along with the French philosopher Rene Descartes. Spinoza was born in Amsterdam in the 17th century. This is the nature of the **God of Spinoza**:

God would have said:

*"Stop praying and giving yourselves blows on your chests, what I want you to do is to go out into the world to enjoy your life.*

*I want you to enjoy, to sing, to have fun and enjoy everything I've done for you.*

*Stop going to those gloomy, dark and cold temples that you built yourself and that you call my house.*

*My home is in the mountains, in the forests, the rivers, the lakes, the beaches. That's where I live and express all my love for you.*

*Stop blaming me for your miserable life; I never told you that you were a sinner.*

*Stop being so scared. I do not judge you, nor criticize you, nor am I ever angry with you, nothing bothers me, nor do I devise punishment. I am pure love.*

*Stop asking me forgiveness, there's nothing to forgive. If I made you... I filled you with passions, pleasures, feelings, needs, limitations, inconsistencies... of free will, how can I blame you if you do or say something out of that what I put in you? How can I punish you for being*

*as you are, if I'm the one who made you? Do you think I could create a place to burn all my children who misbehave, for the rest of eternity?*

*What kind of God can do that?*

*Forget about any kind of commandments, of any kind of laws; those are wiles to manipulate you, to control you and only to create guilt in you.*

*Respect your peers and don't do to others what you don't want for you. The only thing I ask is that you pay attention in your life, that your alert status is your guide. This life is the only thing there is, here and now and the only thing you need.*

*I have made you absolutely free, there are no prizes or punishments, there are no sins or virtues, no one carries a marker, no one carries a record.*

*You are absolutely free to create in your life a heaven or hell.*

*I couldn't tell you if there's anything after this life, but I can give you a tip. Live as if there wasn't.*

*As if this was your only chance to enjoy, to love, to exist.*

*So, if there is nothing, then you will have enjoyed the opportunity I gave you. And if there is, be sure that I will not ask you if you behaved well or not. I will ask you, Did you like it?... did you have fun ?..What did you enjoy the most? What did you learn?...*

*Stop believing in me; believe is to assume, guess, imagine. I don't want you to believe in me, I want you to feel me when you kiss your beloved, when you play with your little girl, when you love your dog, when you bathe in the sea.*

*Stop praising me. What kind of egotistical God do you think I am?*

*I'm bored of your praise; I'm fed up with thanks. Do you feel grateful? Prove it by taking care of yourself, your health, your relationships, the world around you. Do you feel overwhelmed?... Express your joy! That's the way to praise me.*

*The only thing sure is that you are here, that you are alive, that this world is full of wonders.*

*What do you need more miracles for? Why so many explanations?*

*Don't look for me outside, you won't find me. Find me inside... I'm beating in there for you.” (Baruch De Spinoza).*

Most of us choose to believe in a God who somehow needs something - especially from us.

We have been taught all our lives that God has to be feared, for He is a vengeful God. That we have to live in fear of God's wrath. We are therefore to be obedient to God's commands. That we need to please Him and demonstrate our subservience in different ways. Or else.

It is ingrained within us that if He doesn't get what He expects from us, then His feelings would be hurt and He would punish those who did not give Him what he expected.

These behaviors are the behaviors historically demanded of their subjects by monarchs—egomaniacal, insecure, tyrannical monarchs at that. They are not Godly demands in any sense, and it seems remarkable that the world hasn't by now concluded that the demands are counterfeit, having nothing to do with the needs of Deity.

Think about it. And think again...

Why would God want our worship? Why would He need our obedience? Why would He need us to serve Him? What iota of benefit would God get from our worship, our obedience or our service to Him?

There is nothing that God wants or needs.

God demands nothing, commands nothing, requires nothing, compels nothing.

God neither orders nor requests, insists nor expects, anything.

When you make yourself free from the need of such subservience and begin to view God in this new light, it is the greatest feeling you can ever have.

(Neale Donald Walsh, CWG)

*\_\_Assimilate\_\_ If you ever meet God, and if you can ask him anything – anything at all – write down a list of five questions you would want to ask him.*

### **Why do bad people still get ahead in life?**

'Honesty is the best policy' or 'good overcomes evil' are the things we were taught at home and in school. And yet, growing up I found it disturbing to see people who bend the rules doing well – even thriving.

This seeming unfairness – and the inconsistency with everything one had been taught – troubled me, until I found my answers in the teachings of Vedanta, which have stayed with me until this day.

My teacher said that everything that we observe has an explanation. This explanation is based on some 'rules' which exist in a hierarchy. Yes, 'good' does indeed overcome 'evil,' BUT it is subservient to another rule: 'active' beats 'passive'.

So, an 'active', 'bad' person, will always get the better of a 'passive' 'good' person.

And the fact is, most people are passive good people!

But once in a generation, there is a person who is 'active' AND 'good', and when a person has those qualities, they are unstoppable. That is when you have the Mandelas and the Gandhis of this world. They not only take points of view on what is right, but are actually willing to act on them rather than just be a bystander.

So, what does this teach us? It doesn't mean that honesty isn't the best policy; it means that if we want to be good and still get ahead in life, we have to take a stand, make a difference, and not be passive recipients of what's going on.

We have to 'do good things', not just think good thoughts.

What do you think?

*(Nitin Paranjpe, Chief People and Transformation Officer, Unilever)*

### **At the end of your life**

At the end of your life, you're going to look back on how you lived it. You're going to evaluate how you spent your time and energy and what your contribution to the world really was.

Some people will look back at all the times they thought they were winning; when they lied and fooled people, when they cheated and got away with it, when they took the easy way out, when they avoided challenge, and when they put people down and felt superior. They're going to see it differently then. They'll see that they hurt people. They'll see that they never lived up to their potential and never really tried. They'll see that they wasted a lot of time and they will feel regret. But by then it will be too late.

If you look back on your life and see all the times you stood up for what was right, all the times you tried to love and believe in good things and people, all the times you had integrity even when it would have been easier to lie, and all the times you rose to the occasion when you faced challenges....well the individual successes and failures won't matter so much. Because in the end, it's the outcome that really defines your life. Living honestly and courageously, you added to the world. You helped people and you did your best. You spent

your time wisely and your efforts made a positive difference to everyone you met along the way.

Every day you choose a day in the life you'll look back on. Make sure you live today as one you can look back on with no regrets. Today is in your power. Live it well. Be your best. (Doe Zantamata).

### **The Best Kinds of People**

People who say 'text me when you get home safe'. People who make you laugh until you cry. People who support your dreams. Childhood friends who keep in touch. People with genuine intentions, no strings attached. The emotionally intelligent. People who are soft when the world has given them every opportunity to turn hard. The 'let's get ice cream' at 3am friend. The 'turn up the music in the car and sing' friend. People whose actions match their words. People who make the world feel less chaotic. Loved ones that celebrate your wins. Hard workers. Good listeners. Clear communicators. People who love you for you. People who don't ask you to be anything other than yourself. People whose effort matches your own. People who choose you. People who stay. (Alysha Waghorn).

### **The People Who Make a Difference**

Possibly the Most important thing you'll read this Year...

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them. Just read it straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday.

These are no second-rate achievers.

They are the best in their fields.

But the applause dies.

Awards tarnish ...

Achievements are forgotten.

Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. They simply are the ones who care the most.

(Sharon Hulce).

### **About Hope**

In 1950, Dr. Curt Richter of Harvard University conducted a series of experiments on mice, which resulted in a shocking discovery.

The first experiment: Richter threw the mice into a glass half filled with water. He noticed that even if the rats were still able to withstand and before the complete depletion of their energy, they gave up and drowned within an average of 15 minutes.

But in the second experiment, the researcher did something different: just before the rats gave up due to fatigue and exhaustion, he pulled them out of the bucket, dried them off, and gave them a little rest.

And then put it back in the cup on this second try - How long do you think the mice 🐭 lasted?

Another 15 minutes?

10 minutes ?

5 minutes ?

No!

60 hours!

This is correct! 60 hours of swimming.

Because the rats believed they would be saved in the end, so they used every drop of energy their bodies had, clinging on for life.

"Hope is seen as light even though it is surrounded by darkness"

This is what hope did to mice and faith that someone will save them. What might faith in God do to your person and abilities?

This story is frequently repeated in books on Positive Psychology, as evidence of the importance of "hope and optimism"...

And the extent to which your psychological capabilities are interconnected with your physical capabilities, and that your mind may impose restrictions on the capabilities of your body, making you a helpless person or making you live in misery.

If you are a person who has hope and ambition in something, whether it is work, study or sport, you will do the impossible to achieve that, unlike those who do not have hope.

### **Choosing a Spouse**

What's the most common mistake people make when choosing their spouse?

The most common mistake is choosing a taker instead of a giver.

A taker is someone who absorbs energy, favors, love, compliments, and attention from other people, but doesn't return these gifts.

Givers take pleasure in giving of themselves to make others happy.

In high school, I dated a girl who was a taker. She was hilarious and fun a lot of the time, but she constantly wanted things and was always asking me to drive her here and there, or help her fix her car, or burn her a CD, help her move, help her study, and so on.

As a giver, I was happy to give and give and give. But eventually I noticed that, despite giving constantly to try to make her happy, she rarely returned such gestures. Eventually we broke up.

Shortly thereafter, I started dating another girl. Immediately I noticed that she was so much easier to be around. She also gave me the love, affection, words of affirmation, and quality time that I so desired.



But it wasn't until a year and a half into our relationship that I realized exactly why my new girlfriend was so incredible.

She called me one day to ask me to pick her up from the mechanic's. Her car had broken down and she wasn't able to fix it on her own, so she'd hobbled it into the auto shop and, after being told there would be a four hour wait, decided to call me and ask for a ride.

What I realized was that, after a year and a half of dating, this was the FIRST TIME she'd asked me to do ANYTHING for her (she might be a little extreme in her independence. Don't hold everyone to this standard).

We've now been together for eight years and married for five. Every day we have a great time because we spend our time giving to each other, working to solve each others' needs.

So determine to be a giver and find a giver. By giving to each other, you'll both be fulfilled.

Source: [Jonathan Davidson's Answer on Quora](#)

And when you choose a life partner, you're choosing a lot of things, including your parenting partner and someone who will deeply influence your children, your eating companion for about 20,000 meals, your travel companion for about 100 vacations, your primary leisure time and retirement friend, your career therapist, and someone whose day you'll hear about 18,000 times (Tim Urban, *Wait But Why – How to Pick Your Life Partner*).

Before you say yes, get him angry. See him scared, see him wanting, see him sick. Stress changes a person. Find out if he drinks and if he does, get him drunk – you'll learn more about his sober thoughts. Discover his addictions. See if he puts you in front of them. You can't change people, baby girl. If they are made one way, it doesn't just wear off. If you hate how he acts when he's out of it now, you're going to hate it much worse eight years down the road. You might love him to bits but it doesn't change that some people just don't fit (Inkskinned, *My father's recipe for the man I should marry, via thatonegirljenna*).

A great relationship is not only finding the person you have fun with, but also finding the person you want to be bored with. The beauty of long-term relationships is often hidden in boring, ordinary moments (James Clear).

### **About Marriage**

Q. Why do you think people get married?

A. We marry because we need a witness to our lives. There's a billion people on the planet... I mean, what does any one life really mean? But in a marriage, you're promising to care about everything. The good things, the bad things, the terrible things, the mundane things... all of it, all of the time, every day. You're saying 'Your life will not go unnoticed because I will notice it. Your life will not go un-witnessed because I will be your witness.

(Movie: Shall We Dance).

Marriage is not about a beautiful wedding, fancy homes, cute kids and nice cars. Marriage is hospital stays, working long hours, fighting through struggles, paying bills, keeping the faith and staying together through it all (Unknown).

### **In Conclusion**

All I know is that when you are truly ready to make a change, you will. No person or book or inspirational quote is going to do it for you. The lightning bolt of action is only found within you (Unknown).

One day it just clicks... You realize what's important and what isn't. You learn to care less about what other people think of you and more about what you think of yourself. You realize how far you've come, and you remember when you thought things were such a mess that they'd never recover. And then you smile. You smile because you are truly proud of yourself and the person you've fought to become (Unknown).

It really doesn't matter what precisely you choose to do with your wonderful life; but I pray that whatever you choose to do, you do it with everything you have. I hope you wake up every day with a fire in your belly as you chase your dreams and I hope you chase them with as much passion and boldness as you possibly can. I hope you pour your heart and soul into everything you do, so that when you got to bed at night you don't seek external validation because you are so damn proud of yourself that anyone else's opinions are worthless. I hope that whatever you choose to do with your one wonderful life, you go all in and don't look back (Unknown).



## Recommended Books

### Reading Tips

Here are 33 helpful reading tips from James Clear:

1) Read 20 pages to start the day. I usually wake up, drink a glass of water, write down 3 things I'm grateful for, and read 20 pages of a book.

2) 20 pages is small enough that it's not intimidating. Most people can finish reading 20 pages within 30 minutes. And if you do it first thing in the morning, then the urgencies of the day don't get in the way.

3) Select a time to read every day. I suggest you do it first thing in the morning, but the important thing is to read at the same time every day.

4) Choose a page goal. Again, you can use my 20-page goal or formulate your own. Just make sure that the goal is easy enough that you can't say no, but significant enough for you to feel like you're making progress.

5) Find a book to read today. If you wait till tomorrow, your reading time will arrive and you'll be empty-handed.

6) Find a place to read. Reading in the same place every day will help solidify this habit. Find a comfortable place in your home or office where you are away from distractions.

7) Set a reminder. Use your calendar app or even a simple post it on your bathroom mirror. Create a trigger that will remind you to read.

8) Tell somebody about your commitment. Habit change does not happen in isolation. You need to share your commitment with others in order to make it feel real in your own mind. Email, call or text three people you care about that you plan to read x number of pages everyday at x time.

9) Read books that are relevant to what you want to achieve and reading will never seem boring.

11) If you know how to read, then reading books is relatively easy. You simply have to make time to read. Easier said than done, of course.

12) What matters is not simply reading more books, but getting more out of each book you read.

13) Quit books quickly and without guilt or shame.

14) Life is too short to waste it on average books. The opportunity cost is too high. There are so many amazing things to read.

15) I think Patrick Collison, the founder of Stripe, put it nicely when he said, "Life is too short to not read the very best book you know of right now."

16) One way to improve reading comprehension is to choose books you can immediately apply. Putting the ideas you read into action is one of the best ways to secure them in your mind.

17) Choosing a book that you can use also provides a strong incentive to pay attention and remember the material. If you're starting a business, for example, then you have a lot of motivation to get everything you can out of the sales book you're reading.

18) Keep notes on what you read. You can do this however you like. It doesn't need to be a big production or a complicated system. Just do something to emphasize the important points and passages.

19) I do this in different ways depending on the format I'm consuming. I highlight passages when reading on Kindle. I type out interesting quotes as I listen to audiobooks. I dog-ear pages and transcribe notes when reading a print book.

20) Store your notes in a searchable format. There is no need to leave the task of reading comprehension solely up to your memory. I keep my notes in Evernote. I prefer Evernote over other options because 1) it is instantly searchable, 2) it is easy to use across multiple devices, and 3) you can create and save notes even when you're not connected to the internet.

21) My preference is to listen to audiobooks on 1.25x speed and then press pause whenever I want to write something down. The faster playback speed and slower note-taking process tend to balance out and I usually finish each book in the same time as normal.

22) I often hear from friends and readers who suggest listening to audiobooks at some crazy speed like 2x or 3x. Maybe my brain is just slow, but this is way too fast for me. Furthermore, I feel like burning through books at that pace is an indication of the wrong approach. It seems like the goal is simply to check books off the list rather than to deeply understand what the book is about. My preferred pace is slower, but hopefully my understanding is better.

23) I try to consider how the book I'm reading connects with all of the ideas that are already knocking around inside my head. Whenever possible, I try to integrate the lessons I'm learning with previous ideas.

24) When you read something that reminds you of another topic or immediately sparks a connection or idea, don't allow that thought to come and go without notice. Write about what you've learned and how it connects to other ideas.

25) As soon as I finish a book, I challenge myself to summarize the entire text in just three sentences. This constraint is just a game, of course, but it forces me to consider what was really important about the book.

26) Read a variety of books on the same topic. Dig in from different angles, look at the same problem through the eyes of various authors, and try to transcend the boundary of your own experience.

27) Read the great books twice. The philosopher Karl Popper explained the benefits nicely, "Anything worth reading is not only worth reading twice, but worth reading again and again.

28) If a book is worthwhile, then you will always be able to make new discoveries in it and find things in it that you didn't notice before, even though you have read it many times.

29) Revisiting great books is helpful because the problems you deal with change over time. Sure, when you read a book twice maybe you'll catch some stuff you missed the first time around, but it's more likely that new passages and ideas will be relevant to you. It's only natural for different sentences to leap out at you depending on the point you are at in life.

30) One book will rarely change your life, even if it does deliver a lightbulb moment of insight. The key is to get a little wiser each day.

31) Even if you didn't get something new out of each reading, it would still be worthwhile to revisit great books because ideas need to be repeated to be remembered.

32) If you think you can learn a lot from reading books, try writing one.

33) Start more books. Quit most of them. Read the great ones twice.

### **Designing Your Life (Bill Burnett & Dave Evans)**

This book takes a design thinking approach to be able to design one's life (especially a career – which was the focus). I am a designer myself and do relate to what they are teaching and the methods they want us to follow. They have plenty of useful insights on how a life can

be designed and how to ask for the help and guidance of the people who have lived or are living the life/ career you want to live. The book is slow to start though – the initial exercises did not seem to link with the subsequent ones – and if you stick with it, you should be rewarded.

From the blurb: Their phenomenally successful Life Design course in book form will teach you how to use basic design tools to create a life that will work for you. Using real-life stories and proven techniques like reframing, prototyping, and mind-mapping, you will learn how to build your way forwards, step-by-positive-step, to a life that's better by a design of your own making. Because a well-designed life means a life well-lived.

### **The Magic of Thinking Big (David J. Schwartz)**

It's probably the book which is the closest to a blueprint of how to lead our lives. And it's highly recommended that we read it not just once, but every six months for the rest of our lives. Though it's first version was published way back in 1957 (an abridged version was republished in 1987 - which is what you get now), it is as relevant today as it was back then.

What stood out for me was the sincerity of writing and the earnestness which the author goes about in delivering the core set of messages in the book. Overall, one of the best and most helpful reads of all time.

From the blurb: The book presents ways in which you are able to get the most out of your job, your marriage and family life, and your community. He proves that you don't need to be an intellectual or have innate talent to attain great success and satisfaction, but you do need to learn and understand the habit of thinking and behaving in ways that will get you there.

### **You Can Heal Your Life (Louise Hay)**

The book might have its haters, but there is no denying that Louise Hay's philosophy and the thought process she recommends works at one level. It will indeed change the way you view and talk to yourself. Though written in 1984, it is still highly relevant. Highly recommended.

From the blurb: Louise's key message in this powerful work is: "If we are willing to do the mental work, almost anything can be healed." Louise explains how limiting beliefs and

ideas are often the cause of illness, and how you can change your thinking...and improve the quality of your life.

### **What's Your Problem? (Thomas Wedell-Wedellsborg)**

Most of us spend a lot of unnecessary time solving a problem without understanding the problem right. Without giving enough due diligence to understanding the problem and framing it right, trying to solve a problem will be a long, drawn-out process. It need not be so.

'What's Your Problem?' turns the traditional and instinctive problem approach and resolution method on its head and provides us with a framework to be able to understand and resolve problems in a far more effective manner.

I tried reading the book's summary online and tried to grasp it, but only reading the book fully enabled me to grasp what the author intended to say in its entirety. A highly recommended book.

From the blurb: Using real-world stories and unforgettable examples author Thomas Wedell-Wedellsborg offers a simple, three-step method - Frame, Reframe, Move Forward - that anyone can use to start solving the right problems. It's time for everyone to stop barking up the wrong trees. Teach yourself and your team to reframe, and growth and success will follow.

### **Outliers (Malcom Gladwell)**

A real eye opener on what it takes to be successful. It debunked a lot of myths about being super successful and for the first time in my life I believed that getting right up there isn't as difficult as I had imagined it. A must read.

From the blurb: Malcolm Gladwell takes us on an intellectual journey through the world of "outliers"--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different?

### **The Subtle Art of Not Giving a F\*ck (Mark Manson)**

I had been putting 'The Subtle Art...' off because I was stuck at the title itself - though I had been hearing good reviews about it. Once I started it and got used to the 'f\*ck' terminology and the context of its use, I felt this is a wonderful read with plenty of useful



insights. And the book made me laugh as well - multiple times - I loved Mark Manson's dry humor. I rate it highly and would be reading it multiple times. Highly recommended.

From the blurb: A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F\*\*k* is a refreshing slap for a generation to help them lead contented, grounded lives.

### **The Happiness Advantage (Shawn Achor)**

Loved this book. This is one of those books which challenges conventional wisdom and forces you to re-look at how you perceive some of the most important aspects of your life – in this case ‘Happiness’. The book is not all talk, but every recommendation in the book is followed by several research studies supporting it and why it works.

From the blurb: Conventional wisdom holds that if we work hard, we will be more successful, and if we are more successful, then we'll be happy. If we can just find that great job, win that next promotion, lose those five pounds, happiness will follow. But recent discoveries in the field of positive psychology have shown that this formula is actually backward: Happiness fuels success, not the other way around. When we are positive, our brains become more engaged, creative, motivated, energetic, resilient, and productive at work. This isn't just an empty mantra. This discovery has been repeatedly borne out by rigorous research in psychology and neuroscience, management studies, and the bottom lines of organizations around the globe.

### **So Good They Can't Ignore You (Cal Newport)**

Probably the most important book I've read recently. Especially at this stage of my life when I have been thinking about how I got to where I am and what next for me in terms of finding meaning in what I do. Highly recommended. Cal Newport has impeccable credentials and is an engaging writer.

From the blurb: Cal Newport debunks the long-held belief that "follow your passion" is good advice. After making his case against passion, Newport sets out on a quest to discover the reality of how people end up loving what they do. *So Good They Can't Ignore You* will change the way we think about our careers, happiness, and the crafting of a remarkable life.

### **The Element: How Finding Your Passion Changes Everything (Ken Robinson).**

A highly recommended book. A must read if you want to find out how finding your passion would change everything. Perhaps the only book which I read twice - back-to-back. Worst case – if you are unable to read the book, then at least listen to Ken Robinson’s TED talk on this topic.

From the blurb: The element is the point at which natural talent meets personal passion. When people arrive at the element, they feel most themselves and most inspired and achieve at their highest levels.

### **Atomic Habits (James Clear).**

Full of actionable insights on habit formation and getting rid of the bad habits which have crept into our lives. A must have on your shelf to keep going back to. Highly recommended.

I recommend you also sign up for James Clear’s newsletter which has (as he claims, and I agree) *‘The most wisdom per word of any newsletter on the web’*.

From the blurb: Atomic Habits offers a proven framework for improving--every day. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits

### **The Compound Effect (Darren Hardy)**

A quick read with useful insights on how small decisions could go on to enable remarkable results. How every small thing we decide on doing, adds up over time to take us towards our goal or far away from it; to enable us to become what we want to be or to become the person in our nightmares.

From the blurb: The Compound Effect is based on the principle that decisions shape your destiny. Little, everyday decisions will either take you to the life you desire or to disaster by default.

### **Shoe Dog (Phil Knight)**

Loved this book. Gave me a whole new perspective to Nike shoes and the Nike brand. Probably the best book on entrepreneurship, narrated like a novel. The author - the founder

of Nike, Phil Knight - takes us through his entrepreneurial journey in this candid, bare-your-soul, emotional roller coaster memoir. Highly recommended.

From the blurb: Nike founder and CEO Phil Knight shares the inside story of the company's early days as an intrepid start-up and its evolution into one of the world's most iconic, game-changing, and profitable brands.

### **What to Say When You Talk to Your Self (Dr. Shad Helmstetter)**

The book has some useful insights on self-talk and how what you say to yourself shapes your thinking and determines the person you become. The author sometimes goes on a circuitous route to explain something which did not require as much detail, but overall a good read.

From the blurb: This book explains the principles of self-talk - a unique way of reversing negativity, optimizing outlook, focusing plans and achieving success.

### **Man's Search for Meaning (Viktor Frankl)**

A highly influential and deeply impactful book about how we can find meaning and live our lives with purpose no matter the kind of situation we are facing.

From the blurb: Based on his own experience and the stories of his patients, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose.

### **Big Magic (Elizabeth Gilbert)**

My first book on Audible. Got to hear the author herself narrate the book. A must read if you are one of those creative types and have all those self-doubts. Even otherwise, it is a great listen (read)...

From the blurb: Gilbert offers insights into the mysterious nature of inspiration. She asks us to embrace our curiosity and let go of needless suffering. She shows us how to tackle what we most love, and how to face down what we most fear. She discusses the attitudes, approaches, and habits we need in order to live our most creative lives.

### **Do Epic Shit (Ankur Warikoo)**

I loved the book and it was indeed time well spent. It was an uncomplicated and quick read. I also loved how the author - Ankur - shared and talked about his failures. Not many do and there's indeed a lot to learn from what he shared. I would go on to say that it's one of the best self-help books coming from an Indian author.

From the blurb: Ankur Warikoo's deep, witty and brutally honest thoughts on success and failure, money and investing, self-awareness and personal relationships have made him one of India's top personal brands. This is a book to be read, and reread, a book whose lines you will underline and think about again and again, a book you will give your family and friends and strangers.

### **Creative Confidence (Tom Kelley, David Kelley)**

Excellent read for those looking to understand the intricacies of creativity and innovation. The authors have demonstrated knowledge and provide great insights on how Creativity should be perceived and applied.

From the blurb: Too often, companies and individuals assume that creativity and innovation are the domain of the "creative types." But two of the leading experts in innovation, design, and creativity on the planet show us that each and every one of us is creative. David and Tom Kelley identify the principles and strategies that will allow us to tap into our creative potential in our work lives, and in our personal lives, and allow us to innovate in terms of how we approach and solve problems. It is a book that will help each of us be more productive and successful in our lives and in our careers.

### **Drive: The Surprising Truth About What Motivates Us (Daniel H. Pink)**

A must read to understand how motivation has evolved and how individuals and organizations can plan to get the most out of themselves and those who work for them.

From the blurb: Most people believe that the best way to motivate is with rewards like money—the carrot-and-stick approach. That's a mistake. He asserts that the secret to high performance and satisfaction—at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world.

### **Eat That Frog! (Brian Tracy).**

A simple, actionable guide to how to be more productive and achieve more in life.

From the blurb: Provides the 21 most effective methods for conquering procrastination and accomplishing more.

### **Rich Dad, Poor Dad (Robert T. Kiyosaki, Sharon Lechter)**

A must read for all those who want to get out of the rat race and plan for financial security. The best thing about the book is that it gives even a novice the confidence that such financial planning is possible, and the financial goals are achievable.

From the blurb: The book explodes the myth that you need to earn a high income to be rich and explains the difference between working for money and having your money work for you.

### **Getting to Yes (Roger Fisher, William Ury, Bruce Patton)**

*"The reason you negotiate is to produce something better than the results you can obtain without negotiating."* - this quote kind of sums up the book for me. Roger Fisher tells us basically everything we need to know about negotiation without being manipulative. He also helps us identify if someone is trying to manipulate us into a decision we would regret later and lists out what we should do to get out of such situations. This book comes closest to the Bible of books on negotiation from what I have read so far. Highly recommended.

From the blurb: Describes a method of negotiation that isolates problems, focuses on interests, creates new options, and uses objective criteria to help two parties reach an agreement. One of the primary business texts of the modern era, it is based on the work of the Harvard Negotiation Project, a group that deals with all levels of negotiation and conflict resolution. Getting to Yes offers a proven, step-by-step strategy for coming to mutually acceptable agreements in every sort of conflict.

### **Getting to Yes with Yourself (William Ury).**

The basic premise of this book is to help us understand how we need to stop ourselves from being/ becoming the biggest roadblock in our lives. How we need to learn to negotiate with ourselves first and be in that zone where we can best negotiate with others to walk away with the best deal which would be a win for us, win for others and a win for the overall good

of this world. Overall, an excellent read and a new way to look at how we think of ourselves in the context of how we interact with others in this world.

From the blurb: Renowned negotiation expert William Ury asks – ‘how can we expect to get to yes with others if we haven’t first gotten to yes with ourselves?’ Over the years, Ury has discovered that the greatest obstacle to successful agreements and satisfying relationships is not the other side, as difficult as they can be. The biggest obstacle is actually our own selves—our natural tendency to react in ways that do not serve our true interests. If we learn to understand and influence ourselves first, we lay the groundwork for understanding and influencing others. Practical and effective, *Getting to Yes with Yourself* helps readers reach good agreements with others, develop healthy relationships, make their businesses more productive, and live far more satisfying lives.

### **Never Split the Difference (Chris Voss with Tahl Raz)**

A lot of books entertain you, give you knowledge, and understanding of the world, but this is one of those books which will give you the power and clarity to act. A must read.

From the blurb: Life is a series of negotiations you should be prepared for: buying a car; negotiating a salary; buying a home; renegotiating rent; deliberating with your partner. Taking emotional intelligence and intuition to the next level, ‘Never Split the Difference’ gives you the competitive edge in any discussion. In this practical guide, Chris Voss shares the nine effective principles—counter-intuitive tactics and strategies—you too can use to become more persuasive in both your professional and personal life.

### **Can’t Hurt Me (David Goggins)**

An excellent read - encourages you to push your boundaries and to live a life which is more than you ever thought you were capable of. David Goggins is the real deal - because he has quite literally pushed these imaginary 'boundaries' we set out for ourselves and has come up trumps.

From the blurb: David Goggins is the only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him "The Fittest (Real) Man in America." In ‘Can't Hurt Me’, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this ‘The 40% Rule’, and his story

illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

### **Zero to One (Peter Thiel, Blake Masters)**

If you are considering to be an entrepreneur and especially building a tech startup, then read Zero to One – cover to cover. No ifs and buts. There are some philosophies and viewpoints which Peter Thiel proposes in the book, which may seem quite whacky and don't seem grounded in reality but you are at your discretion to overlook them and imbibe only those which make sense.

From the blurb: The great secret of our time is that there are still uncharted frontiers to explore and new inventions to create. In Zero to One, legendary entrepreneur and investor Peter Thiel shows how we can find singular ways to create those new things.

### **Maybe You Should Talk to Someone (Lori Gottlieb)**

One of the best books I've read. The book is a treasure trove of wisdom about human nature and is filled with humor. It also gives a wonderful insight into the world of psychotherapy, what psychotherapists set out to achieve and how.

From the blurb: With startling wisdom and humor, Gottlieb examines the truths and fictions we tell ourselves and others as we teeter on the tightrope between love and desire, meaning and mortality, guilt and redemption, terror and courage, hope and change. Maybe You Should Talk to Someone is revolutionary in its candor, offering a deeply personal yet universal tour of our hearts and minds and providing the rarest of gifts: a boldly revealing portrait of what it means to be human, and a disarmingly funny and illuminating account of our own mysterious lives and our power to transform them.

### **Factfulness (Hans Rosling, Ola Rosling, Anna Rosling Rönnlund)**

If there was a six-star rating – out of five - I would have given it to this book. One of the most enlightening and insightful books I've ever read. A must read for those who are inherently curious about the world we live in and want to not just understand it better, but to also view it from different and important perspectives.

From the blurb: In *Factfulness*, Professor of International Health and a man who can make data sing, Hans Rosling, together with his two long-time collaborators Anna and Ola, offers a radical new explanation of why this happens, and reveals the ten instincts that distort our perspective. It turns out that the world, for all its imperfections, is in a much better state than we might think. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change the way you see the world.

PS: A recipe for getting more out of what you read: Start more books. Quit most of them. Read the great ones twice (James Clear).



## **Author bio**

Junaid S.A.A. is a Stanford Life Design Educator for Universities and a Certified Designing Your Life (DYL) Coach.

Junaid is a Design Professional with extensive industry experience working with organizations such as Adobe, Oracle, ABB, IBM and Intel (among others) during his career spread over fifteen years.

Junaid has a MS degree in Psychology and a MS degree in Electrical Engineering as well.

Junaid regularly speaks, conducts workshops on and teaches design, psychology and creativity.

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### **What makes me even qualified to write about creating lives?**

I grew up in Bangalore in a joint family where 15 people lived under one roof. For each one of us, education was the only way out.

Hundreds and thousands in India pursue engineering and then decide what they want to do in their lives. I was no different. As I was finishing my undergraduate in Electrical Engineering from one of the premiere institutions in Bangalore, I started to think (seriously) about what I wanted to do with my life. During my final year of undergrad, I got fascinated by Psychology. I spent long hours in public libraries trying to find and read up on whatever books and material I could find on Psychology. I even found out about and attended a local conference on Psychology. It became obvious to me that understanding the human mind, what makes us tick and why we behave the way we do, was a bigger challenge than figuring out how any of the machines worked.

In 1999, I finished my coursework on Engineering. Around that time, the Internet started to make its presence felt in India and numerous cyber cafes opened in every nook and corner of Bangalore. It was around that time, I created my first email ID as well.

In one of the cyber cafes, I Googled for the keywords 'Engineering + Psychology'. The search results threw up a MS program in Engineering Psychology offered by Georgia Tech's School of Psychology

I was overjoyed. That there was a program for eccentrics like me who wanted to study psychology after a degree in engineering was simply mind blowing. In all earnest, I prepared for, wrote GRE, and applied for the Graduate program in Engineering Psychology at Georgia Tech.

After months of anxious wait, I got a reject from Georgia Tech. I was heartbroken. With the rejection, I had to set aside my dreams to get an advanced degree in Psychology. My undergrad grades were not too flattering, and I was ashamed to ask someone for a job based on these grades. Life had come to a standstill.

I had sent in my application at a couple of other universities for graduate programs in Electrical Engineering along with the application to Georgia Tech - though I was not too keen on pursuing them. After rejects from different universities, I did manage to get an admit in one of the universities for a graduate program in Electrical Engineering. I decided to take it up and life started to move again.

After I arrived in the US to pursue a MS degree in Electrical Engineering, I realized that the dream of pursuing studies in psychology wasn't dead. That fascination still remained, and I started to explore options to study Psychology.

While I started the Graduate program in Electrical Engineering, I enrolled in undergrad level courses in Psychology – especially because nobody said I could not. Nobody (at the university) stopped me from taking up courses in Psychology while I was also taking up Graduate level courses in Electrical Engineering. Because I was a student of psychology, I also got the opportunity to work as an hourly paid research assistant in several of the psychology labs which conducted psychometric experiments. Sitting in those classes, working in the psychology research laboratories – just being part of anything associated with psychology – was indeed the dream I wanted to live.

There were other repercussions - since it is not common to pursue a study in Psychology after a degree in Engineering, I became the butt of jokes among my Indian friends. I was ridiculed for wasting my time and money on such meaningless pursuits.

Nevertheless, I chugged on.

At one point of time, I was taking up Graduate level courses in Electrical Engineering, undergrad level courses in Psychology and working two jobs (on and off campus) to make ends meet. Life was hectic – is an understatement. The ridicule I got did not make things easier. I used to be so tired, I could not even stand up to the ridicule.

After more than a year and a half, the ridiculing came to a complete halt when I got an internship at a local company to code psychological tests. They wanted someone with a technical background and who understood psychology – I seemed to be an ideal fit. The internship paid me a healthy hourly rate and took care of half my fees.

I turned into a role model overnight when the news of my internship spread. People who started Grad School with me were struggling with hourly paid jobs and I had landed an internship. I started to receive messages and requests for meetings from other Indian students who wanted advice and guidance on how to get an internship and how they should plan their careers. Some even had backgrounds in Engineering and – like me – wanted to study psychology.

After I completed the necessary undergrad level courses in psychology, I applied for the Graduate Program in Psychology with a specialization in Human Factors. I got an admit into and started the Psychology program after I finished my Master's in Electrical Engineering. And the best part was that I got an assistantship at the Department of Psychology which took care of my fees and paid me a healthy stipend. A part of my assistantship work was as a teaching assistant for laboratory courses in Psychology . Within a couple of years after I started my second MS program, I was proud holder of a Master's Degree in Psychology as well.

I had indeed come a long way – from someone who wanted to study psychology to teaching psychology.

My job after I got my degrees has been to figure out how people use technology and how I could make it easier for them to do so. Knowing that the 'figuring out' part of my job would lead me along a different path on every assignment I take up is what makes me still excited about my job.

Obtaining two MS Degrees was quite an adventure. I've written about some of them in my first book *'And We Remained'*.

I am extremely proud that I was able to create who I wanted to be and am living the future I created for myself.

I am a Stanford Life Design Educator and a Certified Designing Your Life (DYL) Coach. I have extensive industry experience working with organizations such as Adobe, Oracle, ABB, IBM and Intel (among others) during my career spread over fifteen years.

I am also an entrepreneur - I have co-founded two companies – My Chat Lesson Pvt Ltd. and Stylemyfit Clothing Pvt. Ltd.

I have had the privilege to speak, conduct workshops and teach design and creativity at places like IIT Bombay, IIM Indore, IIM Lucknow, Aditya Birla, Oracle, IBM, and at national and international conferences.

As a designer and a student of psychology, the most significant project I could have taken on is to design a blueprint on how someone could create the life they want to live in. This book is my earnest attempt at designing that blueprint based on all my experiences in creating the life I wanted to live, leveraging my mindset of being a designer and my background in psychology.

For me, there cannot be any other puzzle as cryptic or any other device as complex as the human mind. My passion to understand the human mind and what makes a human being do what he does, continues to fascinate me.

Knowledge is one of the greatest powers that can bring a change not only in your life by also in the lives of other people. If you have learnt something that can make a difference in someone's life, share it. When you share the words of wisdom, you create a direction for other people. You are able to show them the way towards light. And in doing this, you also find your own way, your own inner light. Sharing knowledge is about paving a pathway for humanity and spirituality. Always share your knowledge, the more you spread, the more positive the world would become (Dr Bhawna Gautam).

