

### **The Compound Effect by Darren Hardy**

- 💡 Small consistent actions compounded over time can make huge positive or negative differences - I get to decide which
- 💡 There is no substitute for hard work
- 💡 Track the things that I want to improve most
- 💡 Take 100% responsibility for every outcome - leave no excuses and abandon all blame
- 💡 Determine the most helpful new habits that I can form through daily practice -
- 💡 Determine the unhelpful behaviors that I can eliminate or substitute
- 💡 Habits lead to routines that invite momentum - disrupting consistency kills momentum
- 💡 Bookend the day with positive morning and evening routines
- 💡 Feed my mind like I want to feed my body - with a healthy diet
- 💡 Weed my social environment - get more time with those whose characteristics I admire
- 💡 Invest in mentors and develop personal Board of Advisors
- 💡 Just a little more effort can add exponentially to my outcomes - I can do more than expected (and something unexpected) in every aspect of my life