

The Delusion of Passion by David Anderson & Mark Nathan

- 💡 The further I plan to go, the more damaging 1-degree off becomes
- 💡 Instead of wanting more out of life, I want the most out of life
- 💡 I will focus on creating passion vs searching for it
- 💡 Pursuing passion and overcoming problems are inextricably tied together
- 💡 Increased commitment always comes before increased success
- 💡 Getting started and being involved doesn't require passion; moving from engagement to commitment doesn't require passion; staying committed until I accomplish small goals doesn't require passion
- 💡 I will work through engagement, commitment and achievement to produce passion and success
- 💡 I will learn to get good at the boring, painful and fearful stuff in order to get the results that I want
- 💡 I will be passionate about the rewards and results and stick to the process to get me there
- 💡 I will chase purpose and let passion find me
- 💡 I will get clear in what I want (resolve) as well as what I don't want (refusal)
- 💡 I will replace old, non-productive habits with better ones
- 💡 When I have a dream that I am passionate about, I will develop the character it takes and search for the skills that I need to accomplish it
- 💡 I will learn to break down my improvement areas into daily habits that help me to succeed
- 💡 My personal development is my foundation for larger accomplishments; mentorship is the fastest way to accelerate my personal development
- 💡 The best way to find people that add to me is to find people to whom I can add value first
- 💡 I will look for ways to consistently add value to others by starting small, ignoring the haters and helping to solve problems (where wanted and in ways that are needed)
- 💡 Life is one big video game - leveling up to address more complicated problems
- 💡 I can't win at the higher levels in life by avoiding things I don't like
- 💡 I will level-up in my personal life (organization and time management), my professional life (industry knowledge and client service), my business life (connecting and adding value) and in my relationship life (appreciation, communication and adding value)
- 💡 I will embrace the changes in my life