

# **8 Laws You Need To Read**



# **Out of my control**

The Past

The Result

## **In my control**

My Words  
My Thoughts  
My Response  
Self-awareness  
How I treat others

The Future

What  
others  
think of me

Other  
People's  
Opinion

**“The more you live like  
you are already who  
you want to become,  
the faster it will turn  
into a reality.”**

-Cory Allen

**“Silence doesn’t always mean you have nothing to say. It may mean you realize that words aren’t always necessary.”**

-Unknown

**“Sleep for 8 hours, not 6.  
Read for 2 hours, not 4.  
Exercise for 1 hour, not 4.  
Deep work for 4 hours, not 10.**

**You’re a human, not a machine.”**

-Will Goto

**“The magic you're  
looking for is in  
the work you're  
avoiding.”**

-Chris Williamson

**The 1% Rule: 1% progress + daily  
application (consistency) + persistence  
(focus) + time (endurance)**

= Success

“Thinking is difficult, that’s why most people judge.”

-Carl Jung

**“Rules for Happiness:**

**something to do  
someone to love  
something to hope for.”**

-Immanuel Kant