IF YOU DON'T WANT TO BE AVERAGE, BUILD THESE 7 HABITS:

1) Get into deep work

Your focus is a **currency**.

How you spend it is your bigges[t] investment.

1. **Block off** a few hours
2. **Focus** on 1 thing
3. **Remove** distractions

This'll get you ahead of 90% of people.

2) **Optimize your time**

Your time is your most **powerful asset**.

Create systems to save it:
- Task delegation
- Email automation
- Logic based frameworks

You can use Zapier to do 90% of this.

3) **Look at things diagnostically**

Instead of focusing on the **negative**, ask yourself:

What am I in **control of**?
What can I **do better**?
How can I **improve things**?

A **problem-solving mindset** will help you move past roadblocks much faster.

4) Be resourceful

Ignorance is a choice in the Internet age.

Need an answer? **Google it.**
Got a question? **Send a Twitter DM.**
Don't know how to do something? **YouTube it.**

The solutions to your problems are at **your fingertips.**

5) **Create a high value network**

Evolution designed humans to get along with each other for survival.

Which means you'll adopt the **traits**, **habits**, and **mindsets** of those around you.

Reduce time with people who **hold you back**. Increase time with those who can **pull you forward**.

6) **Take care of yourself**

Hustle culture told us the path to success involved **all work and no rest**.

But that's the path to **burnout**, **mediocrity**, and **regret**.

Take care of your body with **exercise**.
Take care of your mind with **sleep**.
Take care of your spirit with **meditation**.

7) **Read quality books**

Books have a high ROI.

You get **decades of knowledge** condensed in a **few hours of reading**.

The time, money, and mistakes you save yourself are well worth the investment.

Make it a **daily habit** and you'll get **yearly returns**.