

# THE HABITS OF BILLIONAIRES



**JEFF BEZOS**

Founder of  
Amazon

**NET WORTH:**  
\$131B

**5 AM**



Jeff bezos wakes up early to have breakfast with his family and starts his day with the most important meetings

“

Life is too short to hangout with people who aren't resourceful

**BILL GATES**

Founder of  
Microsoft

**NET WORTH:**  
\$96.5B



**7 AM**



Bill gates trains his body and brain by running on a trademill while watching educational videos

“

Life is not fair: get used to it.

# THE HABITS OF BILLIONAIRES



**JACK MA**

Chinese business  
magnate

**NET WORTH:**  
\$39.7B

**6 AM**



Jack ma wakes up at 6 am to steal  
some family time and keep his spirits  
up in the face of criticism

“

We are never in lack of money. We  
lack people with dreams, who can die  
for those dreams.

**RAY DALIO**

Hedge fund  
manager

**NET WORTH:**  
\$18.7B



**6 AM**



Ray dalio practices Transcendental  
Meditation once in the morning and  
for 20 minutes

“

Above all else, I want you to think  
for yourself, to decide 1) What you  
want, 2) What is true and 3) What  
to do about it



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**OPRAH**

Media  
Executive

**NET WORTH:**  
\$2.6B

**6 AM**



She likes to visualize the hour she wants to wake up before going to bed and wakes up around 6:20 am

“

Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness.

**ELON MUSK**

Ceo of  
space X

**NET WORTH:**  
\$34.4B



**7 AM**



Musk sleeps 6 to 6.5 hours per night. He gets a boost from a few cups of coffee during the day

“

When something is important enough, you do it even if the odds are not in your favor


# THE HABITS OF BILLIONAIRES



**ZUCKERBERG**

Co Founder of  
Facebook

**NET WORTH:**  
\$76.7B

**8 AM** 

Mark Zuckerberg wears the same T. shirt every day to avoid wasting time on choosing what to wear

“

People don't care about what you say, they care about what you build.

**JACK DORSEY**

Co Founder of  
Twitter

**NET WORTH:**  
\$5.1B



**8 AM** 

Wakes up early to meditate followed by a 6 - Mile jog

“

The greatest lesson that I learned in all of this is that you have to start. Start now, start here, start small and keep it simple



# THE HABITS OF BILLIONAIRES



**JAY-Z**

Business  
man

**NET WORTH:**  
\$1B

**6 AM**



Starts his day with a 3 mile run on  
the treadmill

“

A wise man told me don't argue with  
fools. Cause people from a distance  
can't tell who is who.

**YOU**

Yes You, The person  
Reading this

**NET WORTH:**  
\$BILLION+




“

This space is dedicated to  
YOU keep believing in your  
dreams chase them. chase  
them until you're out of  
breath, Then keep running

Type 'AMEN' if you believe



**Swapnil Tighare**

@swapnil\_tighare 

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