

**10 Habits of  
Only  
1% People**

# 1. Scheduling

Time management isn't about squeezing every minute of the day; it's about making the most of your minutes.

How important is time scheduling, really?

It can be the difference between a life where you get everything done and one where you don't.

## 2. Planning

Most of us think we're capable of achieving success without planning, but that's not true.

Successful people plan their days, weeks, years and every aspect of their lives.

Planning is the most important step to success.

### 3. Waking Up Early

Many successful people wake up early to exercise, meditate or do something that they love.

The most successful CEOs and entrepreneurs like Richard Branson, Elon Musk, Mark Cuban, Oprah Winfrey, and many others wake up early.

## 4. Meditating

Meditation is a practice that allows you to concentrate on different types of thoughts. It's about quieting your mind and focusing on the present.

Meditation can reduce stress, anxiety, and depression, and it improves focus, memory and creativity.

## 5. Exercise Daily

Exercise is an important part of being healthy and successful.

There are countless studies that show the benefits of exercise and there are numerous benefits to a healthy lifestyle.

## 6. Staying disconnected from phone

It doesn't mean that you just throw  
away your phone.

The best way i found is to turn off  
the notification (It worked for me)

A phone is just a tool, it's not good or  
bad. Our use of phones can be  
quantified.

# 7. Reading

Successful people are readers. They read to learn new things, to gain a new perspective, and to be inspired and motivated.

Reading improves your memory, imagination and creativity. It lets you imagine without any boundaries.



## 8. Listen to New Ideas

Successful people are hungry for new ideas. They always want new learnings.

When you get your mind into learning mode, you open yourself up to new ideas and possibilities.

## 9. Saving to Invest

I've read some personal finance books, and one thing I've noticed is that almost all of them encourage people to Invest early & often.

Earlier you start investing, the sooner you'll reach the point when your investments will make more money than you spend each month.

# 10. Work with Inner motivation

Intrinsic motivation is the most important thing that makes a person successful.

There are people who are highly motivated by external factors like money, fame, or awards. But deep inside them, they have no motivation to work on their goals.