



**MUST READ**  
**LIFE LESSON**

**“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 are a human, not a  
machine.”**

- Will Goto

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

- Chris Williamson

**"The world as we  
have created it is a  
process of our  
thinking. It cannot  
be changed without  
changing our  
thinking."**

- Albert Einstein

**"If you want happiness for an hour, take a nap. If you want happiness for a day go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody."**

**“Progress is impossible without change, and those who cannot change their minds cannot change anything.”**

– George Bernard Shaw

**"The only way to  
achieve greatness  
in life is to  
have patience,  
consistency, and  
discipline."**

- David Goggins