

1. The only thing you must be obsessed about is personal growth.
2. Don't be obsessed with outcome or process, be obsessed with identity.
3. Identity shift is the true art of personal growth.

Tools for identity-shift

1. Power Hour
2. Unity - Your life is not about you, it's about everyone who you touch.

Rules vs Feelings

- Men give more importance to rules than feelings, women do the opposite (generally).

Have a north star.

Rules

1. The only thing you must be obsessed about is personal growth.
2. Your life is not about you, it's about everyone who you touch.
3. When you dream big, your problems become small.