The Compound Effect (one simple step at a time)

* No matter what you learn, what strategy or tactic you employ, success comes as the result of the Compound Effect.
* Earning success is hard. The process is laborious, tedious, sometimes even boring. Becoming wealthy, influential, and world-class in your field is slow and arduous.
* You already know all that you need to succeed. You don’t need to learn anything more.
* New or more information is not what you need—a new plan of action is. It’s time to create new behaviors and habits that are oriented away from sabotage and toward success. It’s that simple.
* You’re about to discover a detailed, tangible plan of action.
* “Slow and steady wins the race”?
* Give me enough time, and I will beat virtually anybody, anytime, in any competition. Why? Not because I’m the best or the smartest or the fastest. I’ll win because of the positive habits I’ve developed, and because of the consistency I use in applying those habits.
* Believer in consistency.
* Figure it out on your own.
* Take personal responsibility.
* “Be the guy who says ‘no.’ It’s no great achievement to go along with the crowd. Be the unusual guy, the extraordinary guy.”
* The Compound Effect is the principle of reaping huge rewards from a series of small, smart choices. Most people get tripped up by the simplicity of the Compound Effect.
* Small, Smart Choices + Consistency + Time = RADICAL DIFFERENCE
* Compound effect Vs Ripple effect
* The Compound Effect is predictable and measurable.
* We’ve been conditioned by society to believe in the effectiveness of a great display of massive effort.
* The most challenging aspect of the Compound Effect is that we have to keep working away for a while, consistently and efficiently, before we can begin to see the payoff.
* As a nation, our entire populace seems to have lost appreciation for the value of a strong work ethic.
* Our expectations of what it really takes to create lasting success—things like grit, hard work, and fortitude—aren’t alluring, and thus have been mostly forgotten.
* Because nothing fails like success. People get to a certain level of success and get too comfortable.
* If we want to succeed, we need to recover our grandparents’ work ethic.
* Go back to our mathematical chance of a positive result, again, we have a rounding error of zero—as in, you have about zero chance of winning.
* When you understand how the Compound Effect works, you won’t pine for quick fixes or silver bullets.
* Only path to success is through a continuum of mundane, unsexy, unexciting, and sometimes difficult daily disciplines compounded over time.