

TWO DECADES OF WORK IN ONE BOOK

THE HABITS OF SUCCESS

Don't Listen To Me, Listen To Them



**BY THE BEST-SELLING AUTHOR
NOAH MERRIBY**

THE HABITS OF SUCCESS

HOW TO GET THE BEST OUT OF THIS BOOK

MAKE SURE TO READ THE INSTRUCTIONS BEFOREHAND



A Revolutionary Guide To Success Habits

Read the instructions carefully and enjoy the book!

While reading the book, you will encounter a lot of habits that you would like, once you do, write this habit down. At the end of the book you will have a set of habits that caught your attention, pick a maximum of 3, and try to squeeze them into your daily routine.

Persistence is the key to success. You will not be able to wake up the next day with a completely new routine. Your Prefrontal Cortex will eventually get drained and you might skip a day or two. But the results come when you don't feel ashamed about what happened, when you accept what happened and you stay determined to incorporate this habit into your daily routine.

Successful people, they don't go by the days, they go by the hours. So every hour of freedom you have during the day, instead of spending it watching TV, checking your feeds, wasting your time... try to fill your time up with a healthy diet.

Think about this, Overall we spend around one hour and forty two minutes in the bathroom every week. That's on average... so let's suppose we spend two hours in the bathroom per week. we spend at least an hour, on our phones. If we replace the phone, by a book. 60 minutes, that's around 50 pages. In a month you would finish a book. Yeah I know it doesn't sound like much of an achievement, but think about it this way, One book a month, that's 12 books a year, that's 120 books in 10 years. Starting university at the age of 18, if you had this one habit and you squeezed your readings into books related to your major, business let's say or medicine, After 10 years when you are working, you will be miles and miles ahead of any other student who graduated with you, because they might have better grades than you, but you have more knowledge, you are more disciplined, you are focused and you are determined to become successful, otherwise you wouldn't waste your time reading books.

That's one small example of a simple 15 mins/day habit that can change your entire life in the long run.

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A Word From The Author Of The Book The Best-Selling Author Noah Merriby

To Your Success

WISHING YOU ALL A BLESSED AND BLISSFUL JOURNEY
TOWARDS SUCCESS

**For those who already know who I am,
there is no need to read this paragraph.**

For those of you who don't know who I am, my name is **Noah Merriby**. I am a Best-Selling Author, Mentor, and Passionate Instructor who taught more than 100,000 students. Author of many Highest Rated And Bestselling Courses. Expert in Productivity, Personal Development, Psychology, Marketing And Behaviorism. I am an Internationally Recognized Awards Winning Speaker with more than 10 Awards in Public Speaking.

I wrote this book to help you in your journey towards success. After months of research, I came up with a guide that summarizes the habits of the most successful people in the world and in history.

I believe that if you want to be the best, you need to learn from the best, and here I am, a vessel for you, for your success, for your incredible journey. I believe each and every person has greatness within. Now its your time to show your greatness. Wishing all the best in life.

Yours truly,

THE HABITS OF SUCCESS

THE ICEMAN WIM HOF

Who is he and what were some of his habits?



The Extraordinary Iceman

ABOUT WIM HOF

Wim Hof, born on the 20th of April 1959 in Sittard Limburg, Netherlands. He is known as "The Iceman" for his ability to withstand extreme cold. He holds 26 world records. He attributes his ability to withstand cold to the exposure to cold since he was young, to meditation and to breathing techniques.

Hof, working closely with scientists wants to spread out the benefits of his breathing techniques.

A study published in the Proceedings of the National Academy of Sciences of the United States of America claims that by consciously hyperventilating (breathe or cause to breathe at an abnormally rapid rate, so increasing the rate of loss of carbon dioxide) Hof can increase his heart rate, adrenaline levels and blood alkalinity which aids in cold resistance, plus the fact that Hof is believed to possess much higher levels of brown adipose tissue.

WHAT ARE SOME OF HABITS?

HE HOLDS SOME IMPRESSIVE WORLD RECORDS

World record for longest ice bath approximately 1 hour 53 minutes.

Hof climbed to 6.7 kilometers altitude at Mount Everest wearing nothing but shorts and shoes. He failed to reach the summit due to a foot injury (Summit is 8.8 kilometers).

Hof reached the top of Mount Kilimanjaro in his shorts within two days.

Dressed in nothing but shorts he completed a full marathon (42.1 kilometers), above the arctic circle in Finland, in temperatures close to -20 °C (-4 °F) in 5 hours and 25 minutes.

Hof also ran a full marathon in the Namib Desert without water.

Hanging on one finger at an altitude of 2000 meters.

One of Hof's most popular quotes is " Breathe mother*****! ". From this you can immediately get that his daily routine consisted of numerous breathing techniques, breathing exercises and breathing patterns.

It might start with Deep breath work which leads to acid-forming carbon dioxide leaving your system and vital oxygen flooding your body.

Do you want to see an immediate change in your life? Then " Breathe motherfucker! "

Hof also regularly practices meditation, it helps him control his mind in a more effective way. He usually does it after the breathing exercises.

He also adds some physical activities to his routine where he adds some pushups or some yoga, especially when he is retaining his breath. Hof says that you are stronger without air than you would normally be if you were inhaling (You're stronger when your lungs are empty).

Finally the exposure to cold. Hof says "The cold is your warm my friend".

He exposes himself to cold temperatures and cold showers. He embraces the cold, he relaxes in the cold. Most people as soon as one drop of cold water runs down their spine, they start jumping around. Hof has a different approach, he relaxes, he embraces the cold and it gives him so much strength and health benefits. The will power you get out of your exposure to cold is strong enough to change your life.

“

*"What I am capable of,
Anyone can learn."*

- Wim Hof



THE HABITS OF SUCCESS

ARNOLD SCHWARZENEGGER

WHO IS HE AND WHAT WERE SOME OF HIS HABITS?



The Terminator Was Widely Successful

ABOUT ARNOLD SCHWARZENEGGER

Arnold Schwarzenegger born on the 30th of July 1947 in Thal, Styria is an actor, producer, businessman, investor, author, philanthropist, activist, politician and former professional bodybuilder.

He moved to the States in September 1968 speaking little English.

He is considered as one of the biggest icons in body building. 7 times Mr. Olympia, 4 times Mr. Universe and the list goes on and on.

He got into acting and was one of the highest-paid actors in the world.

The Terminator, Hercules New York, Predator, Commando, Pumping Iron, The Expendables. Yes, you probably know most of these movies. Arnold was the one who made these movies big hits.

Schwarzenegger was elected Governor of California from 2003 till 2011. After being a Republican for many years, he managed to become the governor of one of the biggest States in America and his accomplishments in politics were astonishing. People called him the "Governator". Even though he was a Republican he announced that he would not vote for the Republican presidential candidate Donald Trump.

Schwarzenegger is one of biggest contributors in keeping the world green according to his environmental record.

He is a big investor who started while he was still a body builder in real estate. His Net Worth in 2017 was estimated to be around 300 Million Dollars. Schwarzenegger is the author of many books, mostly related to bodybuilding, and his biography "Total Recall"



"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength"
- Arnold Schwarzenegger

What Were Some Of His Habits

HE HAD DIFFERENT HABITS IN DIFFERENT PARTS OF HIS LIFE

Schwarzenegger likes waking up early, he usually wakes up at 5 in the morning.

He goes downstairs and reads different newspapers.

He goes through his emails on his Ipad and does some calls.

And then what do you think the most iconic bodybuilder would do?

Yes, he would go upstairs to work out!

His workouts are about 45 minutes to an hour, they mainly consist of cardiovascular exercises. Arnold actually has an exercise named after him ... the " Arnold press " which is a shoulders exercise.

Then after the workout comes the most important meal of the day, the breakfast. Schwarzenegger usually has an oatmeal with strawberries and bananas and some coffee. He then takes a shower and heads to work.

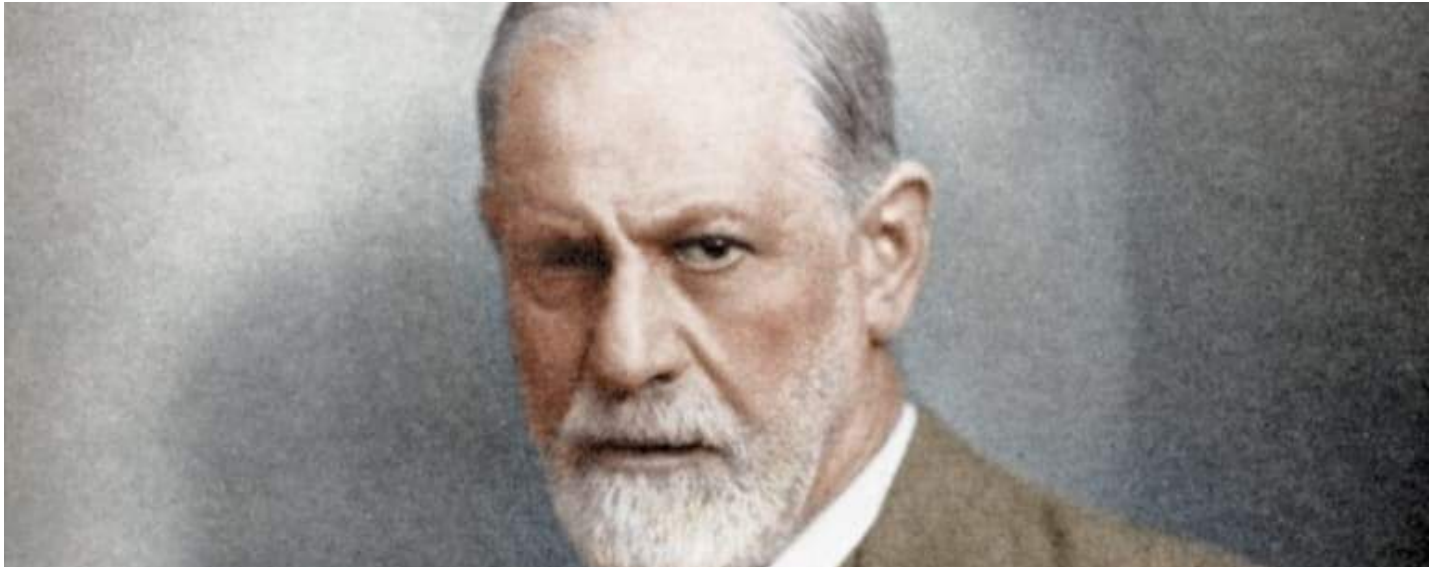
If we want to sum Schwarzenegger's ideal day, it would be, waking up early, working out. Have breakfast, go to work. During the day eat like a beast. In the evening Workout again.

And even the most dedicated people like Arnold used to go out and have fun every now and then, so make sure to always have some fun. Balance is essential.

Finally, Arnold used meditation for a long period of time, especially Transcendental Meditation, he said that this meditation changed his life.

SIGISMUND SCHLOMO FREUD

Who is he and what were some of his habits?



THE FOUNDER OF PSYCHOANALYSIS

About Sigmund Freud

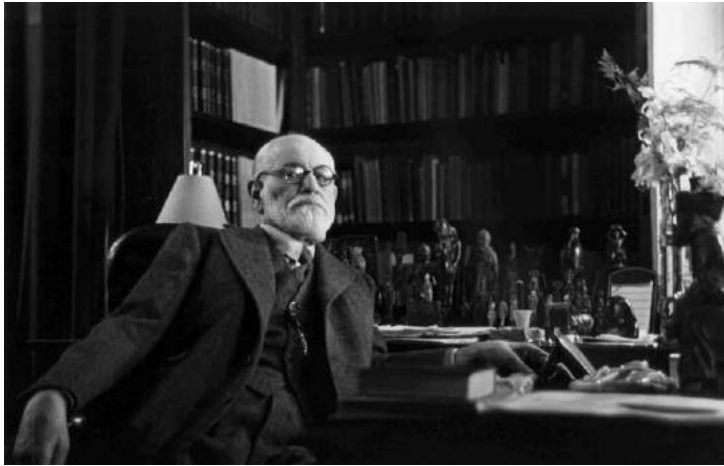
Freud born on the 6th of May 1856 in the Moravian town of Freiberg, in the Austro-Hungarian Empire, which today is known as Příbor in the Czech Republic, was a neurologist and the founder of psychoanalysis, a clinical method for treating psychopathology through dialogue between a patient and a psychoanalyst. He lived and worked in Vienna where he attended University "University of Vienna". In 1895, Freud published "Studies on Hysteria" along with his mentor Joseph Breuer. This book by Freud was the foundation of the entire psychoanalysis structure.

In 1901, Freud published another book called "Psychopathology of Everyday Life", in this book he describes his idea of the "Freudian slip" (an unintentional error regarded as revealing subconscious feelings) and about forgetfulness. In 1905, Freud published "Three Essays on the Theory of Sexuality". These theories were based on lectures that he presented.

Finally, one other important book was "The Ego and the Id" which was published in 1923 in which he introduced his structural theory and concepts of the id, ego, and superego. His theory of psychological reality: id, ego, and superego were one of his most important achievements. Freud also drove a strong movement that sex drive is the most important motivating force.

Freud's psychoanalysis had several astonishing features that are still used in clinical practices till this day. The use of a relaxing atmosphere where patients lay on a couch and the lights are dimmed, this allows for total relaxation to the point where the unconscious may begin to emerge itself. Freud wanted to make the unconscious, conscious.

THE HABITS OF SUCCESS



He then spent the rest of his night, reading, writing, researching, and doing editorial chores for his psychoanalytical journals until about 1:00 am where he calls it a day and goes to sleep.

He smoked a Lot of cigars every day (Around 20 cigars a day).

"We are never so defenseless against suffering as when we love."
- Freud

SOME OF HIS HABITS

BELIEVE IT OR NOT, HE WAS A HEAVY CIGAR SMOKER

Freud's daily habits consisted of, Sleeping, Eating, Walking, Writing, Treating patients, Reading, Consultations and Playing card games.

" I cannot imagine life without work as really comfortable ", Freud wrote to a friend in 1910. So what do you expect his habits to be? Work, more work, more work, more work.

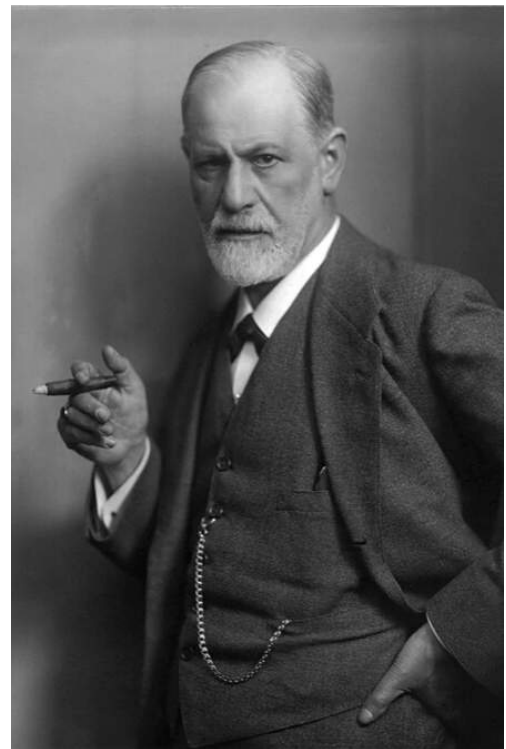
He woke up at 7:00, had breakfast, trimmed his beard, and then treated patients from 8:00 till noon.

Freud disliked chicken and wine, but he enjoyed his food and ate with quite a concentration. His son used to say " my father marched at terrific speed " , as Freud used to go for a walk every day.

On his way back home he used to usually buy cigars.

After that, he had some consultations and then back to treating patients all over again.

After finishing he would play card games or sometimes go for a walk with his wife where he stops at a coffee place to read some newspapers.



TIGER WOODS

THE GOLF PRODIGY

About Tiger Woods

His Life and His Success

Eldrick Tont "Tiger" Woods born on the 30th of December 1975 in Cypress California is one of the most successful golfers of all time. His achievements are brilliant, he won 1997, 2001, 2002, 2007 in the Master's tournament. He won 2000, 2002, 2008 in the US Open. Also won 1999, 2000, 2006, 2007 in the PGA Championship. He won many other tournaments and trophies.

Woods has broken a lot of world records.

He has been World Number One for the most consecutive weeks and for the greatest total number of weeks of any golfer.

He has been awarded PGA Player of the Year a record eleven times.

Woods won 14 professional major golf championships.

His career major wins and career PGA tour wins surpassed all the other players. If you ever want to talk about achievements in Golf, Tiger Woods is your man.

Even if you were never into golf or never watched a golf game in your entire life, you heard his name at least once in your life.

Woods earned more than 1.3 Billion Dollars in his career.

This golf prodigy was introduced to the game before the age of 2 where he got on the Mike Douglas Show to show his talent.

Woods had a lot of difficulties with stuttering as a boy. He wrote a letter to a boy who was suicidal.

Woods wrote, "I know what it's like to be different and to sometimes not fit in. I also stuttered as a child and I would talk to my dog and he would sit there and listen until he fell asleep. I also took a class for two years to help me, and I finally learned to stop."

Woods is a golf prodigy and a hero.



SOME OF HIS HABITS

A Day In The Life Of Tiger Woods

On a typical training day, Woods intersperses cardio training, weight training, and flexibility/core training.

On his website (tigerwoods.com) he explains his training routine.

He usually begins his day with an early Cardio... Bicycling, Endurance run for 7 miles, or a 3 miles speed run.

The Cardio Vascular training hour is followed by an hour of weight lifting.

Lifting 60 to 70% his body weight, he focuses on a lot of reps and different sets. After a long day of golf practicing, he returns to a 30 minutes upper body workout.



Woods said to a fan that his golf practicing routine is 7 to 8 hours a day, talk about a full-time job there.

Considering that he starts his workout at 6, he must wake up a bit before that. He wakes up early and starts the day fresh.

He is driven by winning, all he does is win. He practices every day because Deliberate training makes him an amazing golfer.

Now when he is not golfing he works out from 2 to 10 hours a day.

Woods has a strict diet also, he usually eats an egg-white omelet for breakfast.

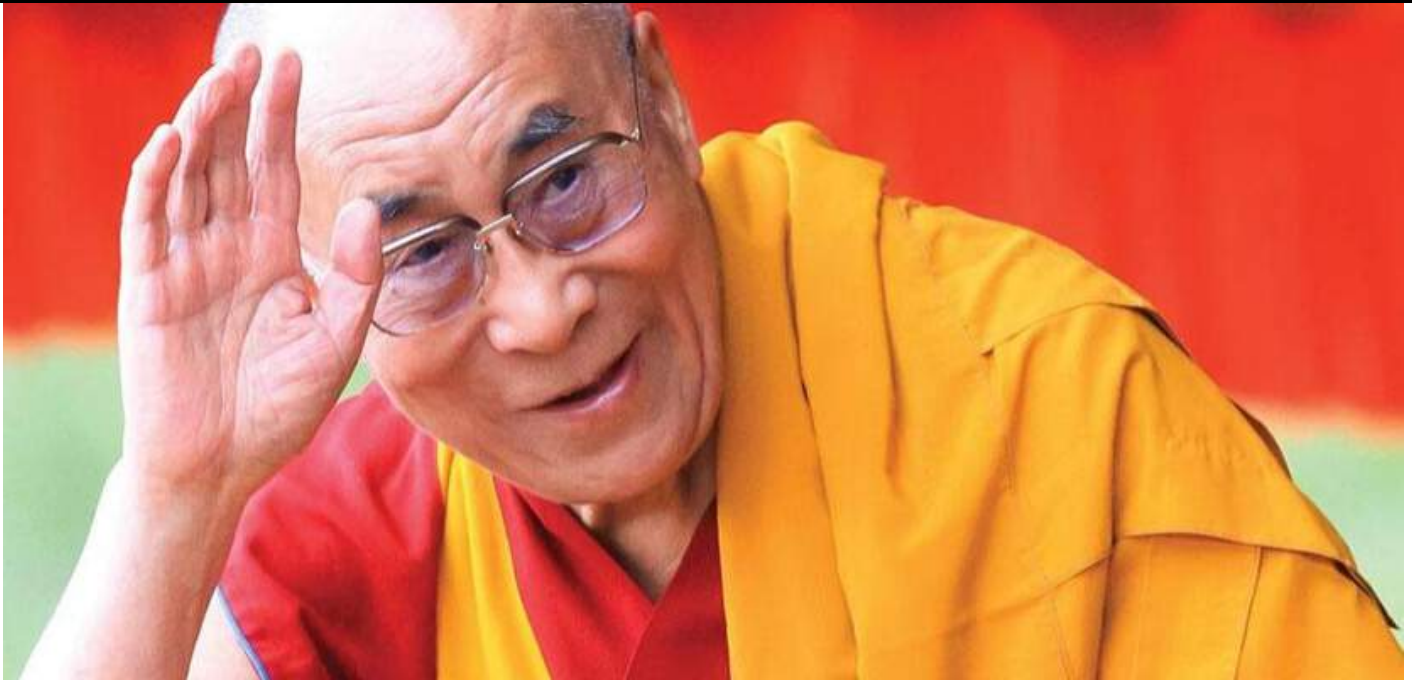
"You can always become better."

- Tiger Woods



THE DALAI LAMA TENZIN GYATSO

Who Was He And What Were Some Of His Habits?



ABOUT THE DALAI LAMA

THE LIFE OF TENZIN GYATSO

The Dalai Lama is a monk of the "Gelug" school of Tibetan Buddhism.

The 14th and current Dalai Lama is Tenzin Gyatso. He was born on the 6th of July 1935 in Taktser, Amdo, Tibet. The Dalai Lama was an important figure of the Geiuk tradition. He was a symbol of unification of the state of Tibet, where he represented Buddhist values and traditions.

So His Holiness is the successor in a line of Tulkus who are believed to be incarnations of Avalokitesvara, the Bodhisattva(a person who is able to reach nirvana but delays doing so out of compassion in order to save suffering beings.), known as Chenrezig in Tibetan. In 1939 Tenzin Gyatso was declared as the 14th Dalai Lama. The Ceremony was held on the 22nd of February 1940. He assumed , full temporal political duties at the age of 15 .

He received the Noble price for peace in 1989.

The 14th Dalai Lama has spoken about the welfare of Tibetans, environment, economics, women's rights, non-violence, interfaith dialogue, physics, astronomy, Buddhism and science, cognitive neuroscience, reproductive health, and sexuality.

He received many awards other than the Nobel Price, he got the four freedoms award in 1994 , the international freedom conductor award in 2010 , the international league for human beings in 2003 , the congressional gold medal in 2006 , the Templeton prize in 2012 and many more.

He was inspired by Mahatma Gandhi and Gautama Buddha.

SOME OF HIS HABITS

TAKING SPIRITUALITY TO A WHOLE NEW LEVEL

The Dalai Lama always learns new things that he adds to his daily practices.

His Daily habits are essentially based on prayer, meditation, mantras and learning new stuff.

He wakes up at 3:00 am showers and starts with meditation, he then recites some mantras and prays. He then eats his breakfast and listens to The Voice of America Tibetan language broadcast.

After that, he goes back to meditation.

He usually then studies some Tibetan philosophical texts. But when there is something urgent, he goes to his office and work.

He sometimes read journals before lunch like Time Magazine, Newsweek, and many other news sources.

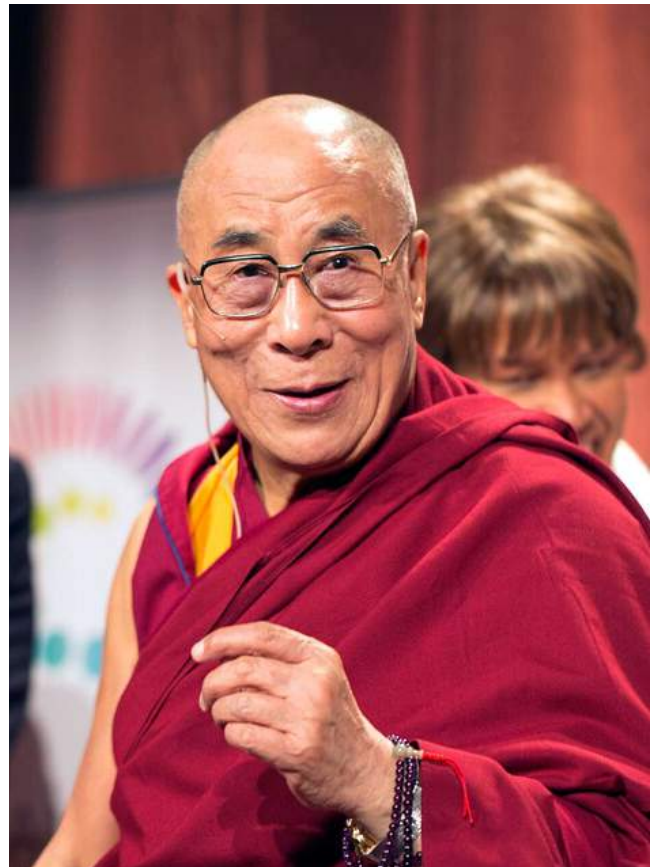
His Holiness always listens to the BBC World News. If he was in a country where the time zone doesn't allow him to listen to the BBC, he feels that there is something missing.

In the Evening he gets his tea, skips dinner, then meditates until 8:30 pm , then he goes to sleep. He takes sleep as another sort of meditation, which he thinks is the most important kind of meditation a person can do. Upon skipping dinner he sometimes has some cookies or a little bit of bread.

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*"Our prime purpose in
this life is to help others.
And if you can't help
them, at least don't hurt
them."*

- The Dalai Lama



THE HABIT OF SUCCESS

PABLO RUIZ Y PICASSO

WHO WAS HE AND WHAT WERE SOME OF HIS HABITS?



BEST KNOWN AS PICASSO

ABOUT PABLO RUIZ Y PICASSO

Pablo Picasso born on the 25th of October 1881 was a Spanish painter, sculptor, printmaker, ceramicist, stage designer, poet and playwright.

Picasso showed extreme talent and creativity ever since he was young. His very first word was " piz " which is short for pencil in Spanish.

He was given the chance to take an entrance exam for an advanced class at an Academy. The process took students months to prepare, but Picasso completed it in a week and got admitted at the age of 13.

As a student he lacked discipline, but he made long life friendships.

The Museu Picasso named after the famous artist located in Barcelona, Catalonia, Spain, houses one of the most extensive collections of artworks by the 20th-century Spanish artist Pablo Picasso.

Picasso was awarded the Lenin (Stalin) Peace Prize in 1950 for his involvement in the Soviet Union.

Picasso is the co-founder of the Cubist movement that revolutionized European painting and sculpture, the invention of constructed sculpture , the co-invention of collage, and for the wide variety of styles that he helped develop and explore. Among his most famous works are :

Les Femmes d'Alger (O.K. 1907), and Guernica (1937) , La Vie (1903) , Girl Before A Mirror (1932) , The Weeping Woman (1937) , Le Rêve (1932) , Guernica (1937) , Family of Saltimbanques (1905), Portrait of Daniel-Henry Kahnweiler (1910) .



"Every child is an artist. The problem is how to remain an artist once he grows up." - Pablo Picasso

WHAT WERE SOME OF HIS HABITS?

THE CREATIVE MIND AT WORK

Picasso said "Let all your things have their places; let each part of your business have its time."

He was extremely organized. He used to wake up late and go to sleep late. He used to get inside his studio at 2:00 pm and work till dusk.

He used to say only a few words while he was eating. Sometimes he wouldn't even say one word from the throughout the entire meal.

He never got tired or bored of painting. He used to stand there for 4 hours straight without any sense of boredom or fatigue. Picasso never knew what the painting that he started will look like eventually, he would just start with it and allows his creativity to control the brush.

He believed that while he was painting ideas would just flow in his mind, that's why when he starts painting, he doesn't know where he is going at first but then ideas race in and voilà, a masterpiece is born. His busy life and addiction to work, never stopped him from having some fun and meeting girls. He had a lot of sexual drive, even when he was old, and he was always ready to catch the attention of any girl he likes. He used to generally drink mineral water or milk and eat vegetables, fish, rice pudding, and grapes.

Picasso tried very hard to be sociable, but socializing was not one of his habits.

THEODORE ROOSEVELT JR.

Who was he and what were some of his habits?



ONE OF THE GREATEST PRESIDENTS

About Theodore Roosevelt Jr.

Theodore Roosevelt Jr. born on the 27th of October 1858 in New York City, New York , was an American statesman, author, explorer, soldier, naturalist, and reformer.

Theodore was the vice president of McKinley the 25th President of The United States. Upon his assassination, Roosevelt succeeded to the office. He occupied the Presidential office from September 1901 all the way to March 1909 as the 26th President of the United States at the age of 42.

As a child , he was born with severe asthma, but he was able to overcome his health issues with a laborious lifestyle. Roosevelt was home schooled before attending Harvard College. He was an editor of The Harvard Advocate, He was a member of the Alpha Delta Phi literary society, the Delta Kappa Epsilon fraternity, and the Porcellian Club. The 26th President of the United States struggled with mathematics and classical languages. He was excellent in Geography, History, Biology, French, German (He spoke both languages fluently) and Philosophy. After graduating from Harvard He attended Columbia Law School but left in 1881 to serve in the New York State Assembly. He wrote more than 40 books and articles such as 1882 The Naval War of 1812 1885 Hunting Trips of a Ranchman 1910 American Problems 1910 The New Nationalism....

He was able to become : The Leader of the reform faction of Republicans in New York's state legislature, Assistant Secretary of the Navy and Governor of New York in 1898... He gained a lot of fame for his courage during the Spanish-American War. As one of the greatest presidents, he was awarded The Nobel Peace Prize 1906 and the Medal of Honor in 2001.

THE HABITS OF SUCCESS



The 26th President of The United States embraced sleeping, but he snored a lot as a matter a fact he was given his own floor during his stay in Washington, DC Hospital because he had a loud snore that would disturb the others. Finally, he loved speeches , he used to spend time everyday on his speeches.

THEODORE ROOSEVELT

WHAT WERE SOME OF HIS HABITS?

A Leader At Heart.

Roosevelt was interested in boxing, wrestling, body building, dance lessons, poetry readings, and the continuation of a lifelong obsession with naturalism.

As a student he used to spend no more than a quarter of the typical day studying (about 2 hours). The future president would always begin every day by dressing out his schedule from 8:30 a.m. to 4:30 p.m., writing notes of the day's classes, his daily athletic training, and lunch. The time that remained would be dedicated to studying, meaning that Roosevelt had an entire evening each day to follow his many interests.

Reading was also a big part of his habits. He is well known for the way he used to read with tremendous speed , harnessing as much information as he can in a short time. He would read a book before breakfast, and another two or three in the evening. It's estimated he read tens of thousands of books in his lifetime, many of them in other languages. In fact, here's an excerpt of his daily schedule (There are 4-5 hours of reading).



"In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing." - Theodore Roosevelt

THE HABITS OF SUCCESS

MOHANDAS KARAMCHAND GANDHI

WHO WAS HE AND WHAT WERE SOME OF HIS HABITS?

A TRUE INSPIRATION

About Mohandas Karamchand Gandhi

Mahatma Gandhi, born on the 2nd of October 1869 in Porbandar State, Kathiawar Agency, British Indian Empire (now in Gujarat, India) was the leader of the Indian independence movement in British-ruled India.

Using nonviolent civil contumacious, Gandhi led India to independence and inspired movements for civil rights and freedom across the world.

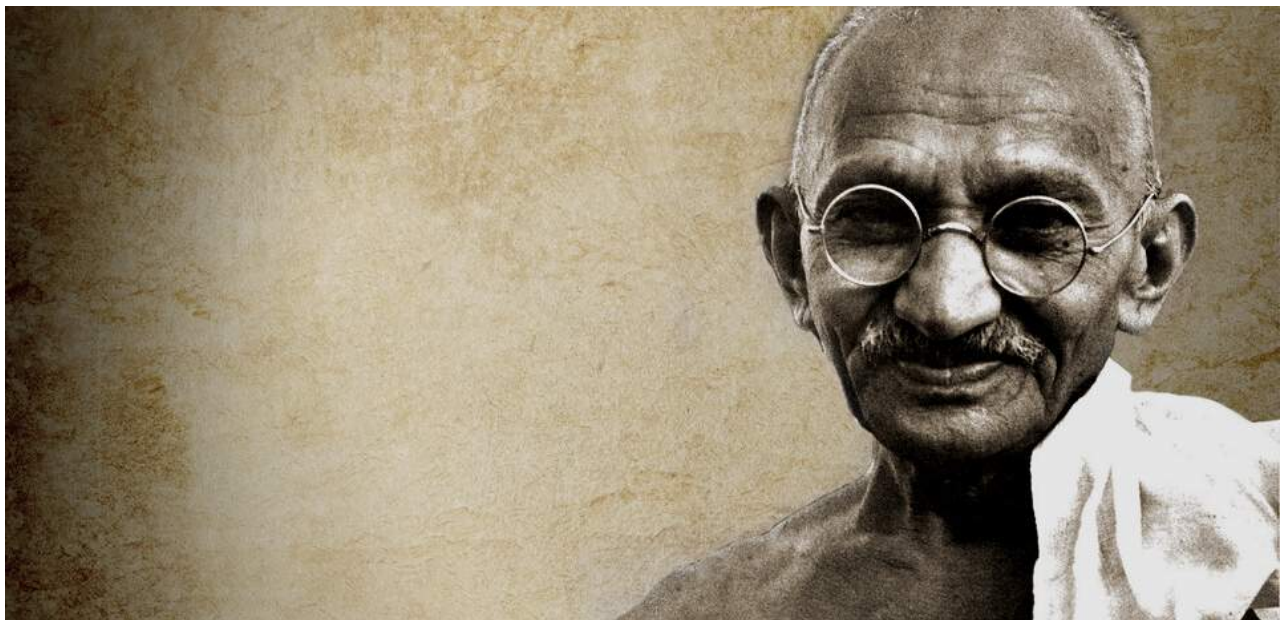
Gandhi acquired the title Mahatma in 1914, meaning a sage or a holy person(" High- souled") and he also acquired the name "Bapu", which means father. He went to jail for many years, upon many different occasions, in both South Africa and India.

Gandhi led the Indians to challenge the British-imposed salt tax with a 400 km march in 1930, and later in calling for the British to Quit India in 1942.

After many years of struggle, Britain granted independence in August 1947, but the British Indian Empire was divided into, a Hindu-majority India and Muslim-majority Pakistan. Gandhi fought social discrimination in South Africa.

The Mahatma went on a 21 day fast to protest against the war between Muslims and Hindus, and to protest against the Great Britain not allowing India to get its Independence.

He was runner-up to Einstein as "Person of the century". Time magazine named him man of the year in 1930. He was nominated five times for a Nobel Peace Prize but he was never awarded one. Gandhi has an International reward named after him, the "Gandhi peace prize."



WHAT WERE SOME OF HIS HABITS?

An Inspirational Leader.

Bapu was an early riser. He used to wake up at 4:00 in the morning every day.

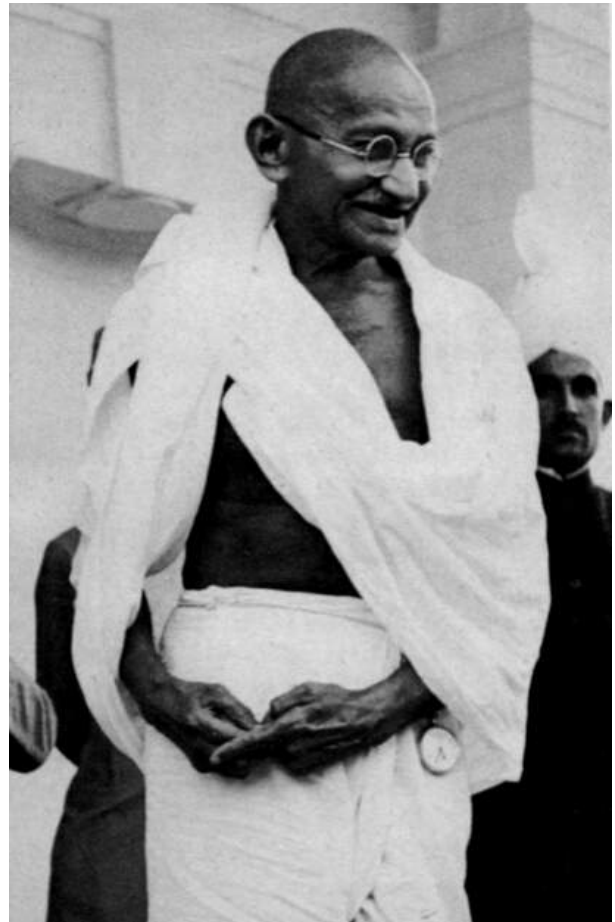
He would start the morning community prayers, writing, working or resting at 4:20am.

At 7:00 am he would have his breakfast, Morning walk (about 5 kilometers), Help in the kitchen , doing some cleaning work, latrine cleaning, utensils cleaning, vegetable cutting, wheat grinding, etc..

At 8:30 am if he didn't have any visitors he would engage in reading or writing. Afterwards Gandhi would engage at 10:00 am in an Oil massage in the sunlight and tub-bath.

At 11:00am it's time for lunch. He then usually gets visitors at 1:00pm so he welcomes the guest and sits with them.

The Mahatma would then convert fibers into thread or yarn at 4:30pm (process called spinning), and he would have dinner at 5:00pm.



6:00 pm was the time for some prayers. He would go afterwards usually around 6:30 for a walk.

Coming back home, Bapu would end the day and sleep at 9:00pm.

Gandhi was a straight vegetarian. He did not even consider milk as he thought that the only milk we should drink is the one that comes from the mother.



**"You must be the change
you wish to see in the
world." -Gandhi**

THE HABITS OF SUCCESS

ELON REEVE MUSK

Who is he and what are some of his habits?



ELON MUSK

ABOUT THE INNOVATIVE ENTREPRENEUR

Elon Musk born on the 28th of June 1971 is a business man, Investor, inventor, engineer and entrepreneur. Born in Pretoria, Transvaal, South Africa Musk lives in California now.

He is the founder , CEO and CTO of SpaceX. He is CEO , co-founder and project architect of Tesla Inc. Co-founder and chairman of SolarCity. Co-chairman of OpenAI. Co-founder of Zip2 and founder of X.com which eventually took the name of PayPal after merging with Confinity.

In 2017 his net worth was estimated to be around 13.9 billion dollars making him the 80th wealthiest man in the world.

He was ranked 21st on Forbes list of The World's Most Powerful People.

He attended Queens University in Canada Ontario. He then transferred to the University of Pennsylvania. At the age of 24 he received a bachelor of science degree in science and a bachelor of science degree in economics.

Musk received the Innovator of the Year Award in Technology by WSJ. Magazine.

He is one of the most daring and successful entrepreneurs in the world. He is planning for a trip around the moon for two private citizens. He is also planning to colonize mars by 2022 as he is creating a reusable space ship.

WHAT WERE SOME OF HIS HABITS?

A CRAZY WORK ETHIC

Elon Musk usually wakes up at 7. However he goes to bed late(around 1:00 am).

He usually doesn't have time for breakfast unless it was made for him.

But he always drinks his cup of coffee. Musk drinks up to two cups of coffee a day plus several diet cokes.

He believes however that it is always good to have an omelet or something for breakfast. His phone calls starting around 10:00 am are to journalists and job candidates or conference calls.

He is a very good multi- tasker. He knows how to handle his calls , emails and many other things all together. He usually spends time with his kids while going through his emails. Musk used to read a lot, however his busy lifestyle don't allow him to read as much now but he is still a reader.

He always thinks optimistically. Working on his mindset is definitely one of his habits. To achieve what Musk achieved, you need to have a strong mindset. However, even though he was an optimistic he knew that sometimes he needs to fail in order to learn, grow and eventually win.

Elon Musk nevertheless knows how to party really well. Even though he is a busy man he always makes sure to have balance, He's going to build a roller coaster around the SpaceX HQ, just because

“

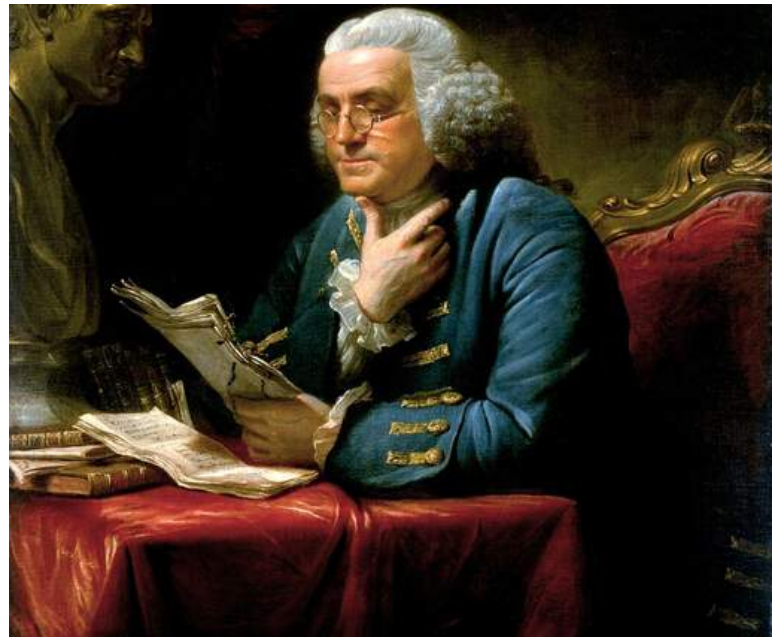
*"I think it is possible for
ordinary people to
choose to be
extraordinary."
- Elon Musk*



THE HABITS OF SUCCESS

BENJAMIN FRANKLIN

Who was he and what were some of his habits?



THE LEGEND ON THE 100 DOLLAR BILL

About Benjamin Franklin

Benjamin Franklin born on the 17th of April 1790 is one of the Founding Fathers of The United States.

He was an author, printer, political theorist, politician, freemason, postmaster, scientist, inventor, civic activist, statesman and diplomat.

His education stopped at the age of 10, but he never stopped learning in life.

Among his many creations, the lightning rod, the glass harmonica, bifocal glasses and many other inventions.

He created the first published political cartoon in the U.S.

Franklin is the only major founding father to sign all four of the young nation's most important documents: The Declaration of Independence, The Treaty of Paris, The Treaty of Alliance with France, and The Constitution.

He was a big contributor in the development of the emerging science of demography. Benjamin Franklin was also governor of Pennsylvania.

He was the first ambassador of the United States to France, the first president of The Academy and College of Philadelphia, that later on became The University of Philadelphia and the first U.S. Postmaster General. He was one of the biggest contributors in the Franco-American relations.

He Built a legacy that is still honored till today. He is " the guy on the 100\$ bill ". He is considered as one of the most influential Founding Fathers of The United States.



*"An investment in knowledge pays the best interest."
- Benjamin Franklin*

ONE OF THE PIONEERS OF HISTORY

What were some of his habits?

As a morning person he used to wake up at 5:00 in the morning as ask himself " What good shall I do today?"

He then dove into work , reading and socializing until he retired to bed at 10:00 pm asking himself " What good have I done today?"

He was a big chess player so he used to play chess a lot.

Franklin was a big music fan and he used to frequently listen to music.

He set a daily timetable for himself which can be found in Franklin's little book of virtues.

In summary , he used to rise, wash , and address powerful goodness, put a plan for today's objectives and then he ate breakfast.

Afterwards he would start working, taking a break at noon to read , look over his accounts and dine.

Then again Franklin would get back to work.

At 6 he would stop working and engage in some Music or diversion, get supper and sometimes put things in their place.

As previously said , he would call it a day at 10:00 pm asking his famous question and wake up at 5:00 am the next morning after 7 hours of good sleep.

SIR ISAAC NEWTON

Who was he and what were some of his habits?



THE EVOLUTIONARY THINKER

About Isaac Newton

Sir Isaac Newton born on the 25th of December 1642 was mathematician, astronomer and physicist.

He is known to be one of the most influential scientists of all time and a major figure in the scientific revolution.

His book *Philosophiæ Naturalis Principia Mathematica*, is considered to be the base of classical mechanics. He is also recognized for his contribution in optics and calculus. His contributions in optics can be found in his book, *Opticks*.

Newton was the first to build a reflecting telescope and he was the first to formulate a law that is used in the theoretical calculation of the speed of light.

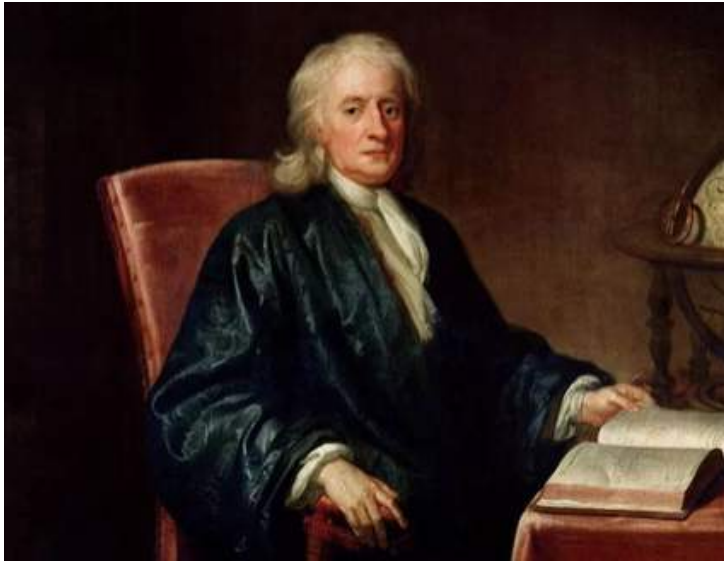
In Summary he did countless contributions in numerous fields such as physics, biblical chronology, natural philosophy, alchemy, theology, mathematics, astronomy and economics.

He was President of the Royal Society... was an associate of the French Academy of Science... was an MP (Member of Parliament) for Cambridge University... Warden of the Royal Mint... Fellow of Trinity College, Cambridge... Lucasian professor of Mathematics...

The Newton (N) was adopted as the unit of force in the *Système Internationale* (SI).

He was given the Fellowship of the Royal Society award and Knight Bachelor award.

"For those of you who don't know, the apple fell on Newton's head, and that was the moment where the theories of gravity started to immerge. Although some sources say that the apple thing never happened."



“

"I can calculate the motion of heavenly bodies, but not the madness of people."
- Isaac Newton

THE APPLE THAT CHANGED THE WORLD

What were some of his habits?

Newton was a reader. He used to read many books, save pages, take notes, to keep the information within easy reach. He dog-eared the pages in a particular way pointing towards a certain point in the text.

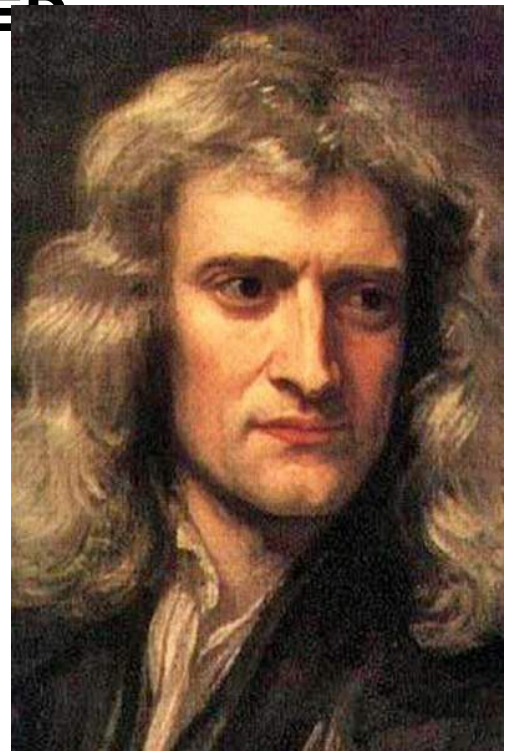
Sir Isaac Newton was an extremely organized a notes taker. He wasn't afraid to damage the books, he wrote his extensive notes straight on them.

Newton needed no more than 3 to 4 hours of sleep daily. He worked so long and so hard often without sleep for days that he became ill from exhaustion. Some sources say that he used to work 16 to 18 hours a day.

He was obsessed with the bible and spent a lot of his time analyzing it which led him to write a lot about religions.

He was an alchemist and spent a lot of time researching about alchemy.

He is an extremely private man, even though he was extremely famous, he never wrote personal diaries and always kept his private life, private, he never wrote anything about a daily routine or habits.



TONY ROBBINS

Who is he and what are some of his habits?



A MAN OF PASSION AND COMPASSION

About Tony Robbins

Tony Robbins born on the 29th of February 1960 , is a Businessman , author , life-coach, self-help guru, motivational speaker, and philanthropist.

Robbins career as a self-help guru started to escalate when he started selling his programs through books and TV infomercials. He popularized himself as a 'peak performance coach' and gained a lot of recognition.

He was the featured speaker at the 2007 Technology, Entertainment and Design (TED) conference. His talk was the 6th most popular TED talk by 2012.

Tony founded 'Robbins-Madanec Center for Strategic Intervention', which deals with personal, family and organizational psychology. He also leads seminars, including his four-day 'Unleash the Power Within '(UPW) seminar and 'Date with Destiny'. Millions of people attended his seminars.

Tony helped many people , and he changed their lives , especially those who were suicidal .He has helped a lot of celebrities as well such as , Bill Clinton , Hugh Jackman , Mother Theresa , Serena Williams , Princess Diana , Leonardo DiCaprio , Nelson Mandela , Larry King , Mike Tyson, and the list goes on and on.

Tony's seminars are not cheap at all. A lot of people claim that they have sold their furniture to have the chance to go to the seminars, but they all agree that it was worth it and that the seminars were life changing.

His Net Worth was around 480 million dollars in 2017.

A MASTER OF PRACTICAL PSYCHOLOGY

What are some of his habits?

Tony like many others is a reader. He reads for at least 30 minutes every day.

As an author of many books such as "Awaken the Giant Within", "Unleash The Power Within", "Unshakeable" ... He spends some time writing.

He is an early riser who wakes up at 5:00 am. Upon waking up he jumps into his hot tub and then jumps into a cold plunge then he likes to focus on his breathing patterns and techniques that forms a meditation practice.

Tony Robbins completes three sets of 30 Kapalabhati Pranayama breaths. This yoga exercise is usually done by sitting straight and taking deep breaths. Next, he exhales forcefully by constricting the abdomen.

Then he switches to conscious grateful thoughts. He thinks about the many things he is grateful for and counts his blessings.

He usually eats something simple, as Tony always says, "It's just fuel."

His routine and habits have such a positive influence on the body and the mind.

Tony says that he constructed himself, that he built himself. So he focuses everyday on improving himself and looking for ways to make other people's lives better.

Nevertheless, he always makes sure to spend quality time with his wife.

“

*"If you do what you've
always done, you'll get
what you've always
gotten."*

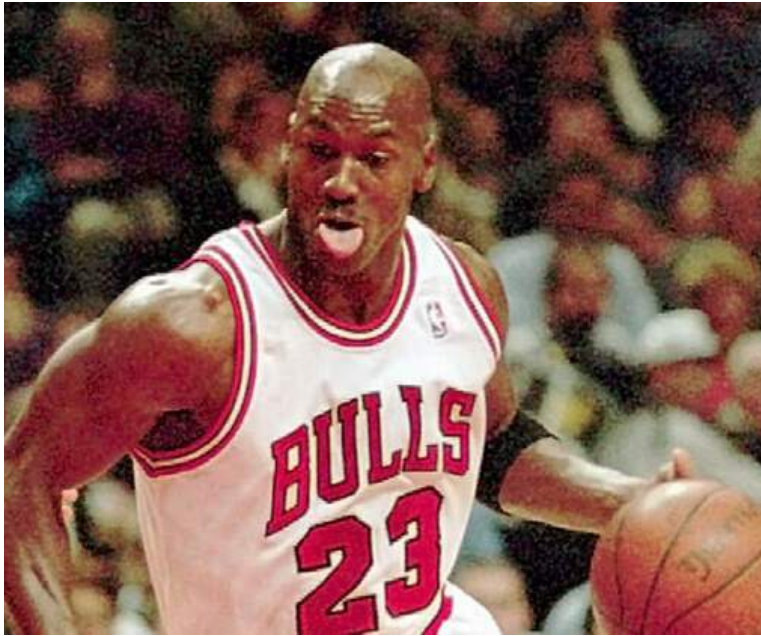
- Tony Robbins



THE HABITS OF SUCCESS

MICHAEL JORDAN

Who is he and what are some of his habits?



A BASKETBALL LEGEND

About Michael Jordan

Michael Jordan born on the 17th of February 1963 is an American retired professional basketball player, businessman, and main owner and chairman of the Charlotte Hornets.

Jordan played more than 14 seasons for the Chicago Bulls and the Washington Wizards in the National Basketball Association NBA.

He is one of the main factor for the big fame of the NBA all around the world in the 1980s and 1990s.

Jordan is known to be one of the best and greatest basketball players in history.

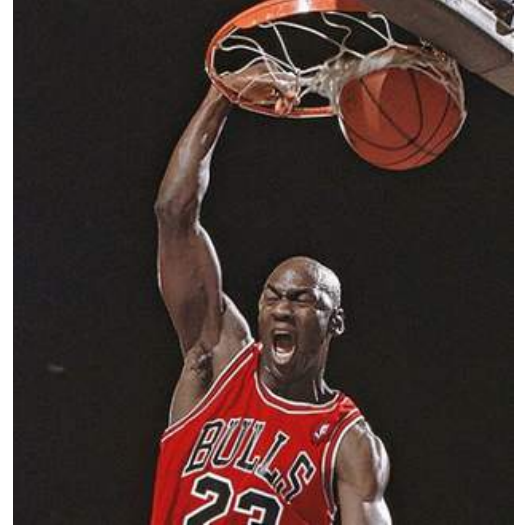
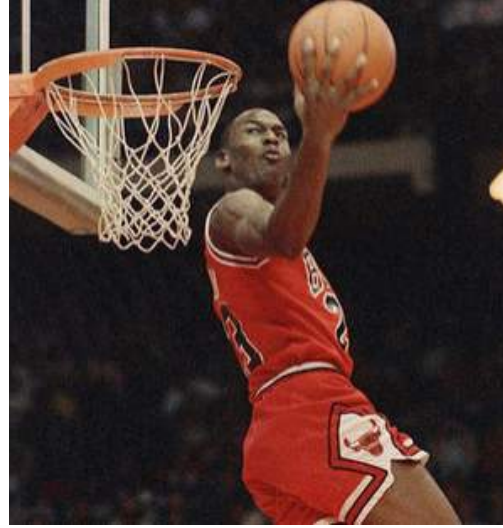
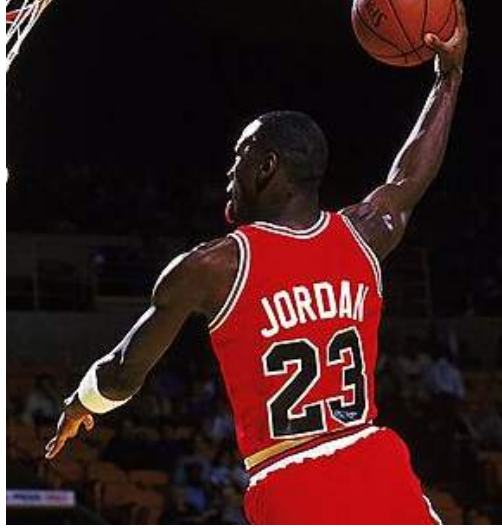
He acquired a few nicknames such as Air Jordan and His Airness.

Jordan's individual accomplishments include five Most Valuable Player (MVP) Awards, also ten All-NBA First Team designations. Jordan got nine All-Defensive First Team honors, fourteen NBA All-Star Game appearances, three All-Star Game MVP Awards. He also got ten scoring titles, three steals titles, six NBA Finals MVP Awards, and the 1988 NBA Defensive Player of the Year Award.

In 1999, Jordan was named the greatest North American athlete of the 20th century by ESPN. He is a two-time inductee into the Basketball Hall of Fame. He became a member of the FIBA Hall of Fame in 2015.

He is known for the Jordan products especially the Nike's Air Jordan introduced in 1985 that are still famous till this day.

His Net Worth in 2017 was 1.31 Billion dollars making him He is the third richest African American, behind Oprah Winfrey and Robert F. Smith.



*"I've failed over and over and over again in my life
and that is why I succeed." - Michael Jordan*

AN ATHELETE AND AN INSPIRATION

Some of his habits

Before retiring, Jordan had a daily workout routine that made him one of the greatest basketball players in history.

His routine consisted of Balance and Resistance Work, Medicine Ball workouts and Core Workouts. His routine used to start at around 6:00 am. Every day he had between 7 to 8 hours of working out, whether it's on court or in the gym.

Jordan's workout routine includes:

Anterior reach on one leg (10-15 rep , 2-3 sets, and 2 times per week).

Squats on unstable objects (10-15 reps, 2-3 sets, and 2 times per week).

Walk-out on hands (10-15 reps, 2-3 sets, and 2 times per week).

Push-ups on med/physio balls (10-15 reps, 2-3 sets, and 2 times per week).

Medicine ball sit-ups (10-15 reps, 2-3 sets, and 2 times per week).

6-inch leg raises (10-15 reps, 2-3 sets, and 2 times per week).

He used to have much more exercises but that's just an idea of how hard he used to work out.

After retiring , his routine changed. Now Jordan spends a lot of quality time with his kids and family. He wakes up to have breakfast and takes a shower and he usually goes oto pick up his kids from school. He never stopped working out though. Every day he goes to the gym and trains for 2 to 3 hours, takes another shower and goes back home for a delicious dinner.

STEVEN PAUL " STEVE " JOBS

Who was he and what were some of his habits?



A VISIONARY WITH A MISSION

About Steve Jobs

Steve Jobs born on the 24th of February 1955 in San Francisco , California , is an entrepreneur , businessman , investor and industrial designer. He is most known for his success leading Apple as it's CEO.

He was the co-founder, chairman and CEO of Apple. He was CEO and majority shareholder of Pixar. He was also founder , chairman and CEO of NeXT. Jobs was one of the biggest names in the microcomputer revolution in the 1970s and 1980s. He revived Apple when it was on the edge of bankruptcy.

In May 1985, there was a plan to reorganize Apple. This plan would remove Jobs from the Macintosh group (Apple) and put someone else in charge of the "New Product Development." This move would effectively render Jobs powerless within Apple. In response, Steve then developed to take over Apple. However, Jobs was confronted after the plan was leaked, and he said that he would leave Apple. After declining his resignation the Board asked him to reconsider his choice. However, on September 17, 1985, Jobs submitted a letter of resignation to the Apple Board and started his new venture, NeXT. He then started Pixar that, with Disney made some of the greatest animations of all time. Apple bought NeXT after seeing its enormous potential, bringing Jobs back to the company. Steve Jobs eventually became CEO of Apple and led the company to what it is today, one of the biggest companies in the world , worth more than 700 billion dollars. His most Notable moments were launching the iPod and iTunes and revolutionizing the music industry.

Jobs died in 2011 due to cancer, with a Net Worth of 10.2 billion dollars.

THE HABITS OF SUCCESS



A SUCCESSFUL WORK ETHIC

Some Of His Habits

Jobs was extremely well known for this life changing morning mantra "if today was the last day of my life would I be happy with what I'm about to do today?"

Every morning, Jobs would look in the mirror and ask himself, "If today was the last day of my life, would I be happy with what I'm about to do today?" If he responded 'no' too many days in a row, he knew something needed to change.

He explained in 2005 during his Stanford Commencement Speech "Remembering I'll be dead soon is the most important tool I've ever encountered to make the big choices in life.

Because almost everything, all external expectations, all pride, fear of embarrassment and failure, all these things just fall way in the face of death. Remembering you're going to die, is the best way I know to avoid the trap of thinking you have something to lose. You are already naked.

There is no reason not to follow your heart."

He liked to go on walks. His favorite way of meeting with his friends and associates was by going on long walks with them. He did some yoga and was quite into Zen.

Jobs used to have a strict vegan diet where he only ate fruits of a certain kind then would not touch that specific fruit for months. I thought a lot about my quote choice and even though I already wrote it twice but I think this quote is a must for everyone because it is so powerful and repetition would stick it in your mind.

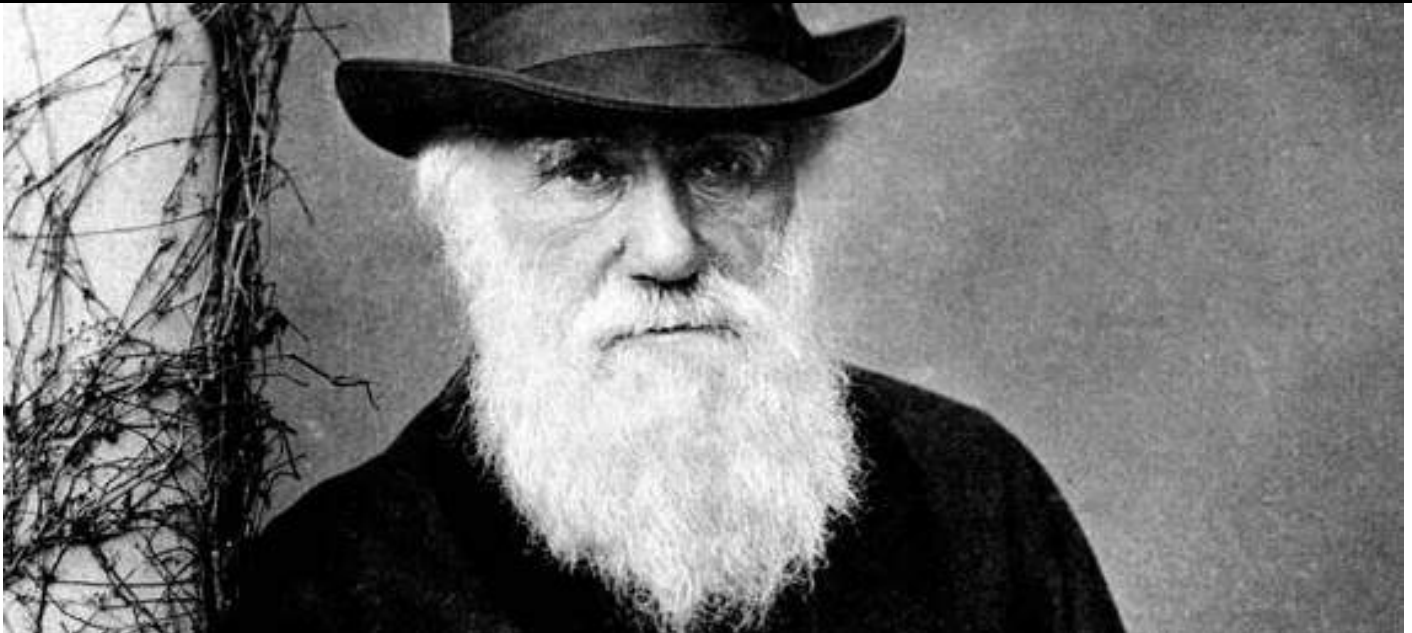
"If today was the last day of my life, would I be happy with what I'm about to do today?" - Steve Jobs



THE HABITS OF SUCCESS

CHARLES ROBERT DARWIN

Who was he and what were some of his habits?



THE EVOLUTIONARY THINKER

About Charles Darwin

Charles Darwin born on the 12th of February 1809 in The Mount , Shrewsbury , Shropshire , England was a naturalist , geologist , biologist and one of the biggest contributors to the science of evolution..

Darwin ingrained that all species of life have descended over time from common ancestors. And after his collaboration with Alfred Russel Wallace he introduced his scientific theory that this pattern of evolution came from a process that Darwin called natural selection, in which the struggle for existence has a similar effect to the artificial selection involved in selective breeding.

Darwin published his theory of evolution with compelling evidence in his extraordinary book " the Origin of Species" 1859, overcoming scientific rejection of earlier concepts of transmutation of species.

The idea of evolution started on Galápagos Islands with the finches' beaks. The finches beaks were based on their environment, and what they eat. There were some finches who ate bus, while some ate seeds. Their beaks were specified for the job. Darwin solved the mystery of the formation of coral reefs and atolls He wrote a popular book on his travels known as The Voyage of the Beagle. He did ground-breaking work regarding the evolution of plants. Charles Darwin put forth the concept of sexual selection. Darwin wrote numerous books which had a considerable impact on diverse fields.

Darwin has been described as one of the most influential figures in human history, and he was honored by burial in Westminster Abbey.

He received the Royal Medal 1853, Wollaston Medal 1859 and the Copley Medal in 1864.

A GENIUS THINKER WHO CHANGED BIOLOGY AS WE KNOW IT

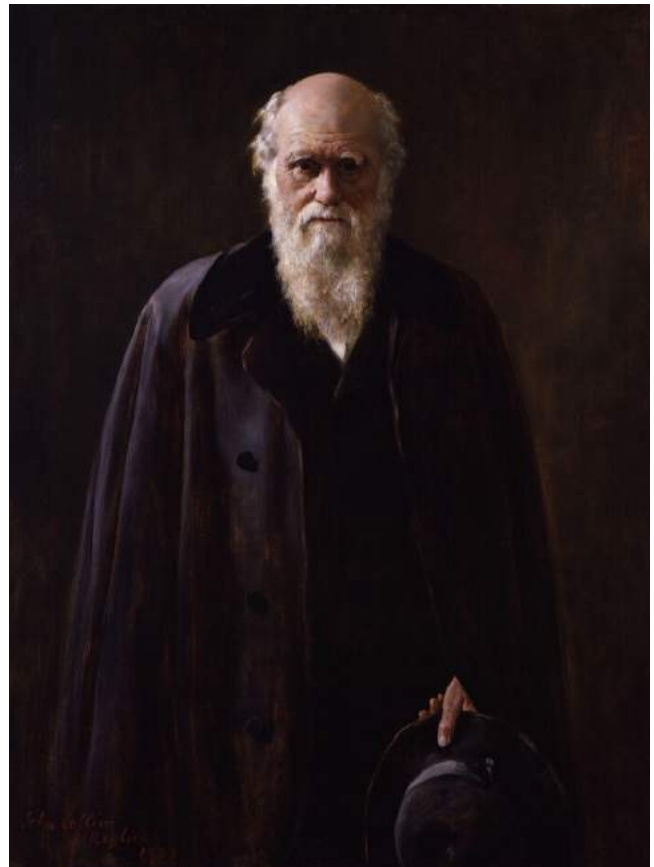
What were some of his habits?

The typical day in Darwin's life and his habits, as remembered by his son, Francis Darwin was:

- 7:00 am - Woke up and took a short walk , then ate breakfast alone.
- 8:30-9:30 am - Worked on his studies. He considered this his best working time.
- 9:30-10:30 am - Went to drawing-room and read his letters, followed by reading aloud of family letters.
- 10:30-12:00pm - Returned to his studies, which is the period he considered the end of his working day.
- 12:00 pm - Took a walk at the sandwalk usually alone or with his dog. He used to stop by the greenhouse on his way to check on his plants experiment.
- 12:45 pm - Lunch with whole family, which was his main meal of the day. After lunch read The Times and answered his letters.
- 3:00 pm - Rested in his bedroom on the sofa and smoked a cigarette, listened to a novel or other light literature read by his wife.
- 4:00 pm - Walked again usually at the sandwalk, sometimes even further.
- 4:30-5:30 pm - Back to work on whatever project he was working on.
- 6:00 pm - Rested again in bedroom with his wife Emma reading aloud.
- 7:30 pm - Light dinner while the family dined. He then played two games of backgammon with his wife, usually followed by reading to himself, then Emma played the piano, followed by reading aloud.
- 10:00 pm - Left the drawing-room and usually went to bed by 10:30, but he didn't sleep well.

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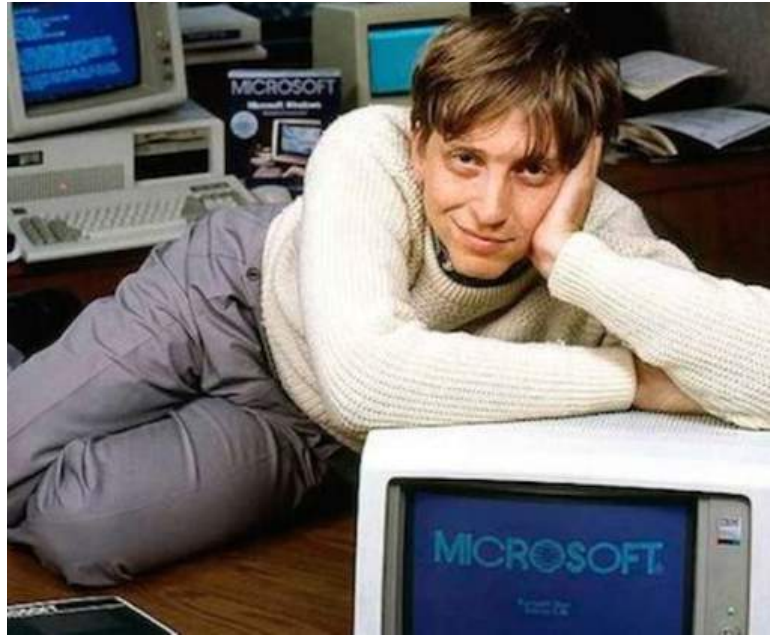
"A man who dares to waste one hour of time has not discovered the value of life."
- Charles Darwin



HABITS OF SUCCESS

WILLIAM HENRY "BILL" GATES III

Who is he and what are some of his habits?



THE FOUNDER OF MICROSOFT

About Bill Gates

Bill Gates, born on the 28th of October 1955 in Seattle Washington, is a businessman , an investor , an author and a philanthropist.

In 1975 , he co-founded Microsoft, the company that developed the Windows operating system. It became the world's largest PC software company. Gates has authored and co-authored numerous books. Ever since 1987, Bill Gates has been in the Forbes list of the world's wealthiest people and was the wealthiest from 1995 to 2007, again in 2009, and has been since 2014 till this day (2017). After establishing Bill & Melinda Gates Foundation in 2000, Gates pursued numerous philanthropic endeavors. He donated large amounts of money to different charitable organizations and he also contributed in scientific research programs. In 1987, Gates became the youngest millionaire ever at the age of 31, according to a report from NPR.

Bill Gates attended Harvard University with the intention of studying law, but he quickly shifted gears and started studying computer science and mathematics. He started working on a software called Micro-Soft in 1975. In 1995, He released a "New York Times" bestseller called "The Road Ahead." His Net Worth was almost more than 90 Billion Dollars!

Gates received several awards and recognitions: In 1992 National Medal of Technology and Innovation | in 2013 Lasker-Bloomberg Public Service Award | in 2013 Bambi - Millennium Award | in 2010 Silver Buffalo Award | in 1997 Satellite Special Achievement Award for Outstanding Contribution to Entertainment New Media | in 1994 Distinguished Fellow of the British Computer Society Bower Award and Prize for Achievement in Science | in 2010 Bower Award for Business Leadership | in 2016 Presidential Medal of Freedom ...



" Success is a lousy teacher. It seduces smart people into thinking they can't lose." - Bill Gates

A LEADER AND A PHILANTHROPIST

Some Of His Habits

According to the New York Times, Bill Gates usually starts his day by spending an hour on the treadmill in his private gym, sometimes watching educational DVDs as exercises.

He also likes to get seven hours sleep.

"Even though it's fun to stay up all night, maybe taking a red-eye flight, if I have to be creative I need seven hours," he told The Seattle Times.

"I can give a speech without much sleep, I can do parts of my job that way, but in thinking creatively, I'm not much good without seven hours", Gates said.

Bill Gates says that he considers reading at night to be "part of falling asleep," and he likes to read topics ranging from public health to the history of shipping containers.

On Reddit he answered questions related to his habits and hobbies saying: I love playing tennis. I am an avid bridge player (a card game if you have not heard of it - it was more popular in the past). I like to tour interesting things with my kids like power plants, garbage dumps, the Large Hadron Collider, Antarctica, Missile Silos (Arizona),... I read a lot and watch courses (online or the Learning Company)...

He is usually focused on his work. "Focus" is the base of his success, so he keeps focusing on his priorities.

MUHAMMAD ALI

Who is he and what were some of his habits?



ONE OF THE GREATEST BOXERS OF ALL TIME

About Muhammad Ali

Muhammad Ali, is a professional boxer and activist. He was born on the 17th of January 1942 in Louisville Kentucky in the U.S. He began training as an amateur boxer at the age of 12. Ali was able to win his first gold medal in the light heavyweight division at the 1960 Summer Olympics in Rome and then he turned towards professional boxing. In 1964 Clay converted to Islam and changed his name from Cassius Clay, which he called his "slave name", to Muhammad Ali. He was known as an extremely inspiring, motivational figure. On April 28, 1967, boxing champion Muhammad Ali refuses to be inducted into the U.S. Army and was sentenced to five years in prison, fined \$10,000 and banned from boxing for three years and he was immediately stripped of his heavyweight title. He never went into jail though. Ali, a Muslim, cited religious reasons for his decision to forgo military service.

6-time Ring magazine Fighter of the Year | 3-time Ring heavyweight champion (1964-71, 1974-78, 1978-79) | 3-time lineal heavyweight champion (1964-68, 1974-78, 1978-79) | 2-time WBC heavyweight champion (1964-69, 1974-78) | 3-time WBA heavyweight champion (1964-68, 1974-78, 1978-79) | 3-time NABF heavyweight champion (1970-71, 1971-73, 1973-74) | 2-time AAU champion (1959, 1960) | 2-time National Golden Gloves champion | 6-time Kentucky Golden Gloves champion (1955, 1956, 1957, 1958, 1959, 1960) | Olympic light heavyweight champion (1960) | Sports Illustrated Sportsman of the Year (1974) | Associated Press Athlete of the Year (1974) | International Press Athlete of the Year (1974) | 6-time Ring Magazine Fight of the Year (1963, 1965, 1971, 1974, 1975, 1978) | 3-time BWAA Fighter of the Year (1965, 1974, 1975) | Sports Illustrated Sportsman of the Century | BBC Sports Personality of the Century | CSHL Double Helix Medal Honoree (2006) | Martin Luther King Memorial Award (1970) | Presidential Citizens Medal | Presidential Medal of Freedom | International Boxing Hall of Fame | Hollywood Walk of Fame.

THE HABITS OF SUCCESS



THE HABITS OF A LEGEND

Some of his habits?

Muhammad Ali had a workout routine that made him a champion. I thought of covering all of his habits, but I found that his workout routine and diet are essential to cover for those who are interested in sports and health.

Ali ate healthy foods throughout his career. His breakfasts always involved wholesome protein rich food with eggs, orange juice and toast. He ate chicken and steak as his main sources of protein. He ate green beans, potatoes and other vegetables to get the energy he needs for his workouts. He also used to eat loads of fruits, fresh juices to maintain a good level of carbohydrates, and drank plenty of water throughout the day.

Ali never drank or smoked. He believed, eating clean is the most crucial and essential part in having a good physique and keeping it. The Champ would get up at 5 a.m. to do some light stretching before he ran his 6 miles. He never had a set bed time. He went to the gym in the afternoon for about 3 hours for training. Even though he was consistent and relentless he always took a day off working out for 6 days, and taking one day to rest his body and mind.

Muhammad Ali didn't use weights for his workout, yet he had an astonishing physique. He mostly relied on calisthenics exercises, hitting the heavy bag and cardio vascular exercises.

His 3 hour workout consisted of very good stretching, shadowboxing, heavy bag punching, speed bag, skipping rope and then a relaxing massage afterwards.

"Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even." - Muhammad Ali



LEONARDO DI SER PIERO DA VINCI

Who was Leonardo Da Vinci and what were some of his habits?

ONE OF THE MOST CREATIVE MINDS IN HISTORY

About Leonardo Da Vinci

Leonardo Da Vinci born on the 14th of April 1452 in Vinci in the region of Florence was a polymath and the leading figure of the Italian Renaissance. He contributed in many majors fields. Those fields included invention, painting, sculpting, architecture, science, music, mathematics, engineering, literature, anatomy, geology, astronomy, botany, writing, history, and cartography. Da Vinci was called the father of paleontology, iconology, and architecture, and he is generally considered as one of the most spectacular painters of all time.

One of Leonardo's greatest pieces of art was the Mona Lisa, which was famous for her mysterious smile when piano music played and her eyes that kept staring at the observers no matter where they were standing. The Mona Lisa took Leonardo six years to complete. Another famous painting was The Last Supper, which was painted in 1495. It has become the most famous painting in the world. He conceptualized the use of concentrated solar power, a calculator, rudimentary theory of plate tectonics, the double hull, the parachute, glider, helicopter and landing gears. His scientific studies remained unpublished during his time and many of his inventions were passed into general and practical use without Da Vinci being given credit. Among those inventions are the strut bridge, the automated bobbin winder, the rolling mill, the machine for testing the tensile strength of wire and the lens-grinding machine. Da Vinci made several important discoveries in human anatomy. He did an unprecedented detailed study of anatomy of humans and animals.

Da Vinci also designed a workable precursor to the modern diving suit and a tank more than 400 years before it became a reality and a mechanical knight known as Leonardo's Robot.



A LIMITLESS FLOW OF CREATIVE WORK

Some of his habits?

Leonardo da Vinci carried a notebook with him at all times so that he could write down ideas, impressions, and observations.

He used Mantras on a daily basis, always repeating phrases like, "Obstacles do not bend me", "I shall continue"...

Da Vinci also believed that a healthy body gives a healthy mind so he was really athletic and he used to work out regularly. He had an exceptional diet always eating fresh, natural food, drinking a lot of water and eating slowly.

Leonardo was said to have followed the polyphasic cycle, which means he took multiple short naps every 24 hours. He decided that he spent too much time on sleep and invented his own sleeping method. It lies in sleeping for 15 minutes every 4 hours.



And he lived like that during many years. Psychologists say that after sleep our working capacity increases from 6 to 10 times as much. And Leonardo used this to the fullest extent. He used to prefer to work standing up, as well as being better for the back than sitting, standing makes people feel more alert, improves balance and encourages creative thinking.

Note: There is no way I could fit all of his achievements in one page. Da Vinci achieved a lot of things. I tried to cover the most important stuff, however it's also good to know that there is an award named after him "Leonardo da Vinci World Award of Arts" and he is considered as one of the cleverest men who ever lived,

"Simplicity is the ultimate sophistication." - Leonardo Da Vinci

STEPHEN EDWIN KING

Who is he and what are some of his habits?



A NEXT LEVEL AUTHOR AND THINKER

About Stephen Edwin King

Stephen King born on September 21st 1947 in Portland Maine , U.S. is an author of horror, supernatural fiction, suspense, science fiction, and fantasy. His books sold more than 350 million copies.

King studied at the University of Maine, graduating in 1970 with a Bachelor of Arts in English.

For a good portion of his career, Stephen King wrote novels and stories at an astonishing speed and pace. He published several books per year for much of the 1980s and '90s.

In 1973, King sold his first novel, *Carrie*, the tale of a tormented teen who gets revenge on her peers. The book became a huge success after it was published the following year, allowing him to devote himself to writing full time.

More popular novels soon followed, including *Salem's Lot* (1975), *The Shining* (1977), *Firestarter* (1980), *Cujo* (1981) and *IT* (1986).

He's one of the best-selling authors of all time. King is recognized as one of the most famous and successful horror writers of all time. He was worth more than 400 million dollars in 2017.

He won more than 79 awards from the day he started writing all the way to the Edgar Best Short Story Award in 2016.

He was also nominated to more than 130 awards.

A lot of his work has been adapted for Films , Movies and TV.

MANY OF HIS BOOKS GOT TURNED INTO MOVIES AS WELL

Some of his habits?

As said by Stephen Hawking:

There are certain things I do if I sit down to write," King said. "I have a glass of water or a cup of tea. There's a certain time I sit down, from 8:00 to 8:30, somewhere within that half hour every morning."

King explained. "I have my vitamin pill and my music, sit in the same seat, and the papers are all arranged in the same places. T

The cumulative purpose of doing these things the same way every day seems to be a way of saying to his mind, you're going to be dreaming soon.

"It's not any different than a bedtime routine," he continued. "Do you go to bed a different way every night? Is there a certain side you sleep on? I mean I brush my teeth, I wash my hands. Why would anybody wash their hands before they go to bed? I don't know.

And the pillows are supposed to be pointed a certain way. The open side of the pillowcase is supposed to be pointed in toward the other side of the bed. I don't know why."

He writes about 1000 words every day.

He always enjoys reading the feedback from his fans. Stephen King usually writes for about 4 hours a day and spends the rest of this day reading or with family and friends.

“

*"Monsters are real, and
ghosts are real too.
They live inside us, and
sometimes, they win." -
Stephen King*



THE HABITS OF SUCCESS

ROGER FEDERER

Who is he and what are some of his habits?



A WORLD-CLASS ATHLETE

About Roger Federer

Roger Federer born on the 8th of August 1981 in is a professional tennis player. He is recognized as the greatest player of all time by many past and present tennis players and coaches..

Federer hold the world record for the biggest number of Grand Slams ever won. Ever since he turned professional in 1998 when he was around 17 and up until 2017, he had won 18 Grand Slam Single Titles. That year he became the ITF World Junior Champion . Federer is the only man in the last 45 years to appear in four grand slam finals in the same year. He won almost 25% of the tournaments he's entered during his life.

He held the number one position in the ATP " Association of tennis professionals " rankings for a total of 302 weeks. From 2004 to 2008, Federer went 237 consecutive weeks being ranked number one in the world, a record that may never be surpassed.

Federer was also named the Laureus World Sportsman of the Year for a record four consecutive years from 2005 to 2008.

He is the first men's singles player to reach 10 consecutive finals in Grand Slams.

With the total net wealth of around 400 million dollars in 2017 , he is counted amongst the richest sports personalities ever.

Along with around 89 titles , he won numerous awards such as , Best Male Tennis Player ESPY Award , BBC Overseas Sports Personality of the Year and Best International Athlete ESPY Award.

Federer is truly a tennis titan.



"I have learnt to be even more patient." - Roger Federer

THE HABITS OF TOP ATHELETES

What were some of his habits?

In this part I will cover mostly his workout routine. This routine that made him one of the greatest tennis players in the world. Federer has a classic game with no obvious or glaring weaknesses, the ability to hit any shot at any time astonishingly, a gorgeous one-handed backhand and a wonderful forehand as well. He gained that through practice and experience. His workout routine involves, firstly lateral lunges with a twist which gives strength to the core, a good rotation and an explosive turn. Secondly, the medicine ball toss. This exercise improves agility, and upper body and core strength. Thirdly, the jump rope workout. Besides increasing the speed, this workout also ensures a strong core.

Federer also includes Side planks to his workout. This exercise is very useful for reducing and avoiding lower back problems.

For his abdominal muscles, he also does the leg raise, and crunches. Those two exercises also ensure core strength. And finally, the most common exercise that everybody does, Pushups! It strengthens the core, the chest, the triceps and the shoulders, which are primary muscles for any player who wants to play tennis. Roger also follows a professional diet with evenly spaced meals. Finally Federer feels like it's important to get a lot of sleep (10 hours of sleep for example).

LIONEL ANDRÉS "LEO" MESSI

Who is he and what are some of his habits?



A SOCCER PLAYER THAT HISTORY WILL NEVER FORGET

About Lionel Messi

Messi , born on the 24th of June 1987 in Rosario Argentina is a professional footballer (soccer player).

He is considered as one of the most phenomenal soccer players in history. He is the only player in history to win 5 FIFA Ballon d'Or and the first to win 3 European Golden Shoes. Messi made his competitive debut at the age of 17 in 2004.

Messi was diagnosed with a growth hormone deficiency when he was a kid. At the age of 13, he went to Spain to join Barcelona (the Club he plays for in the present moment), who agreed to pay for all his medical treatment. He holds the Guinness World Records title for the most goals in a year: 91 goals in 2012

He also holds the record for most international goals in a year : 25 goals.

Messi is the first and only player to top-score in four consecutive Champions League campaigns.

In March 2012, Messi made Champions League history by becoming the first player to score five goals in one match. He has the record for the most goals scored in La Liga in a season: 50 goals , holds the record for the most La Liga hat-tricks in a season: 8 hat-tricks , he is also the youngest player to score 200 goals in La Liga. He held around 85 awards from the debut of his professional career and up to 2017. He achieved so many things and holds so many records that I would need more than 6 pages to list all of them.

His net worth was around 218 million dollars in 2017 making him of the wealthiest sports players in the world.



Messi is a morning person who usually wakes up at around 6 in the morning.

Even though he is an extremely busy guy, he always spends quality time with his wife , where after practice they usually make lunch together and then he takes a nap.

He also spends time with his son after waking up and before going to practice again.

" You have to fight to reach your dream , you have to sacrifice and work hard for it." - Leo Messi

A TRUE INSPIRATION

Some of his habits

Messi's nutritionist revealed the most important things that are included in Leo's diet.

The nutritionist identified five key foods – water, good quality olive oil, whole grains, nuts , seeds , fresh fruit and fresh vegetables.

Lionel had to give up pizza to reach his peak, which he did. His diet habits consisted of extremely healthy and fresh food.

Messi has two different workout programs to work on. The first one was a combination of flexibility and strength building process which deals with instant thrust and linear speed. It includes Squat jumps , rope skipping , hopping hurdles...etc. The second one deals with movement in different directions and focuses on multidirectional speed and includes pillar skip, forward lunge and multi-directional lunges. After his workouts , he usually follows a Power Yoga program which is extremely helpful for the mind and the inner peace.



BARACK HUSSEIN OBAMA

Who is he and what are some of his habits?

A PHENOMENAL PRESIDENT AND LEADER

About Barack Obama

Barack Obama born on the 4th of August 1961 in Honolulu Hawaii U.S. is a politician who served as the 44th President Of The United States Of America. He is the first African American President in U.S. history. He is also the first President born outside the contiguous United States

Obama was one of the most influential U.S. presidents. He was able to achieve a lot during his time in the office , from the 20th of January 2009 and up until the 20th of January 2017.

He was able to rescue the country from the Great Recession , cutting the unemployment rate from 10% to around 4.7% over six years.

Obama signed the Affordable Care Act which provided health insurance to over 20 million uninsured Americans.

Barack Obama also ended the war in Iraq , supported the LGBT community's fight for marriage equality. He was able to eliminate Osama Bin Laden and Reversed Bush's torture policies.

He Graduated from Columbia University in 1983, and worked as a community organizer in Chicago. Then in 1988 Obama enrolled in Harvard Law School, and he was the first black president of the Harvard Law Review. After graduating , he became a civil rights attorney and professor, teaching constitutional law at the University of Chicago Law School from 1992 to 2004.

He received around 13 awards from 2005 all the way to 2017 including The 2009 Nobel Peace Prize "extraordinary efforts to strengthen international diplomacy and cooperation between peoples". Before becoming the President Of The United States served in the U.S. Senate representing Illinois from 2005 to 2008, and in the Illinois State Senate from 1997 to 2004.



THE VOICE OF HOPE

Some of his habits

Barack Obama is a night person, people call him a night owl spending his nights catching up on work and as well as the news.

But he also wakes up early to work out before heading to his office at 8:30 or 9:00 a.m. He sleeps for about 5 hours a night.

Obama cares about his health a lot so he usually never skips his workout that includes cardio vascular and strength exercises.



He doesn't need tea nor coffee while he works on his briefing papers, he sustains himself with nothing more than some salty almonds.

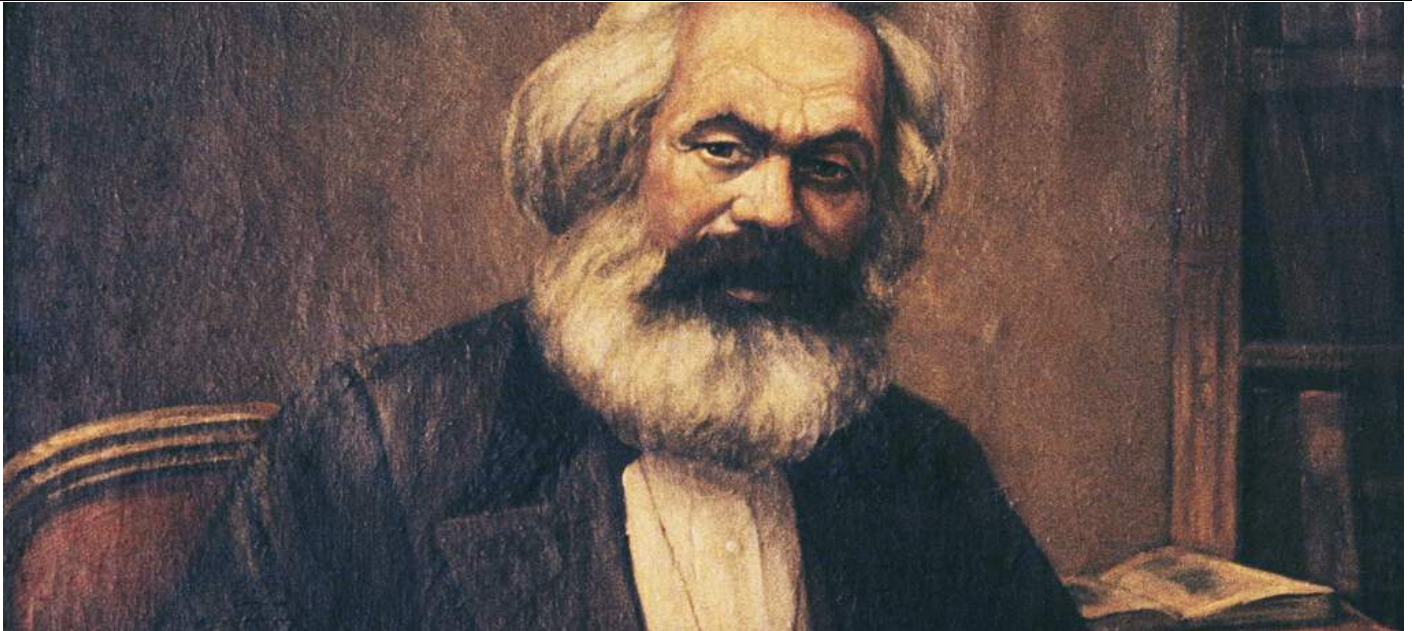
He also spends quality time with his wife and daughters. He eats breakfast with them in the morning and he helps his daughters pack. He also spends quality time with his family at night where they have dinner together.

His morning routine also includes reading the newspapers.

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - Barack Obama.

KARL MARX

Who is he and what are some of his habits?



AN EXCEPTIONAL THEORIST

About Karl Marx

Karl Marx born on the 5th of May 1818 in Trier , Kingdom of Prussia , German Confederation, was a philosopher , economist , sociologist , journalist and revolutionary socialist.

Marx studied political economy and philosophy and had a Ph.D. He worked in collaboration with the German thinker Friedrich Engels and a lot of their work was published. One of his greatest accomplishments was the Communist Manifesto. This book , wrote by Marx and Engels revolutionized the idea of communism.

'Das Kapital' was a three-part publication also , two of which were edited and published by Engels following the death of Marx. Considered one of Marx's greatest works, the book has been translated into Russian, English, French and German. Marx's ideas have had a profound impact on the world and his works gave birth to a new school of communism known as 'Marxism'. Today, there are a number of communist schools that have branched out from Marxism known as 'Stalinism', 'Trotskyism' and 'Maoism' and also other variants of Marxism such as 'Structuralist Marxism', 'Analytical Marxism' and 'Marxist Sociology'.

Through his different theories of alienation, value, commodity fetishism, and surplus value, Marx argued that capitalism facilitated social relations and ideology through commodification, inequality, and the exploitation of labor.

Marx has been described as one of the most influential figures in human history. His work was highly appreciated and criticized in the same time. Marx is typically recognized as one of the principal architects of modern sociology and social science.

The Nobel Prize in economics has been awarded to Karl Marx for his book "Das Kapital."

A PHILOSOPHER, THINKER AND PIONEER

Some Of His Habits

Marx's mode of living consisted of daily regular visits to the British Museum reading-room, where he normally remained from nine in the morning until it closed at seven. This did not stop him from adding long hours of work at night, accompanied by ceaseless smoking, which from a luxury had become an indispensable habit. He will work day and night with tireless endurance when he has a great deal of work to do. He has no fixed times for going to sleep and waking up. He often stays up all night, and then lies down fully clothed on the sofa at midday and sleeps till evening, untroubled by the comings and goings of the whole world, as reported from a Prussian spy who visited Marx in the 1850s.

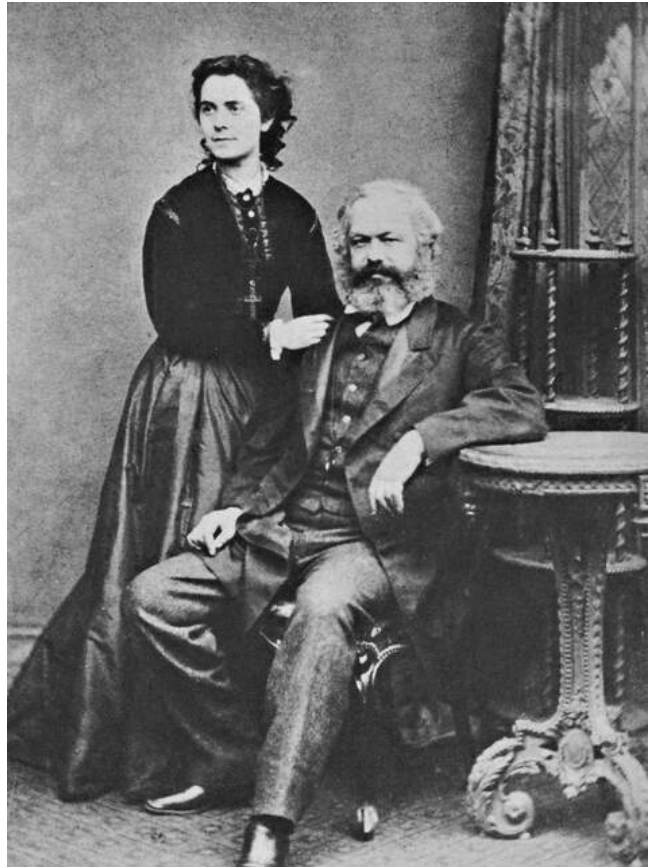
All of this affected his health permanently and he became liable to frequent attacks of a disease of the liver sometimes accompanied by boils and an inflammation of the eyes, which interfered with his work a lot, exhausted and irritated him, and interrupted his never certain means of livelihood. "I am plagued like Job, though not so God-fearing," he wrote in 1858.

He used to always spend quality time with his wife and children and he gave remarkably funny nicknames to his children.

A big problem for Karl Marx is that he would often miss deadlines due to his odd tendencies when writing. Instead of sitting down and writing, Marx would write down an idea, then stand and walk around frantically until he was struck with a new idea. He'd briefly sit to write it down, then jump up and walk again. However his habits consisted of three main pillars, reading, researching, and thinking.

“

"Religion is the sigh of the oppressed creature, the heart of a heartless world, just as it is the spirit of a spiritless situation. It is the opium of the people." -Karl Marx.



THE HABITS OF SUCCESS

SIR WINSTON LEONARD SPENCER-CHURCHILL

Who is he and what are some of his habits?



HE WAS A PHENOMENAL SPEAKER

About Winston Churchill

Winston Churchill born on the 30th of November 1874 in Woodstock Oxfordshire U.K was a British statesman, a non academic historian , an officer and a writer . He was the Prime Minister of the United Kingdom twice from 1940 to 1945 and again from 1951 to 1955. Sir Winston Churchill was elected to British Parliament as a conservative in 1900. He changed parties and became a liberal and then became the President of the Board of Trade in 1904. He served as Undersecretary of the colonies 1906 through 1908. He also served in the British military in France during World War I. Churchill also became the Secretary of War 1918 through 1921 and chancellor of Exchequer from 1924 to 1929.

Churchill became Prime Minister during a phase of political chaos when the World War II was going on. With his many years of military and political experience as a statesman and an officer, he was capable of helping inspire the British resistance in the nation's big struggle and led the Nation against Nazi dictator Adolf Hitler. As the Prime Minister he is credited to have led Britain to victory over the seemingly undefeatable Nazi Germany.

As a writer , Churchill wrote 'The Second World War', a history of the period from the end of the World War I to July 1945. The book was a big commercial success in both Britain and the U.S. He is responsible for the first minimum wage system in the U.K.

Winston Churchill was awarded the Nobel Prize in Literature in 1953 "for his mastery of historical and biographical description as well as for brilliant oratory in defending exalted human values." He was also named the Greatest Briton of all time in a 2002 BBC poll based on approximately a million votes from BBC viewers.

Besides his Nobel Prize , Winston Churchill received over 25 awards such as The British War Medal 1919 and la Croix de guerre 1945...

He graced the cover of Time magazine multiple times winning the title of Man of the Year in 1940 and Man of the Half Century in 1949.



"Success consists of going from failure to failure without loss of enthusiasm." - Winston Churchill.

A LEADER TO REMEMBER

Some Of His Habits

Churchill used to wake up early. Not as Early as the Dalai Lama but still he woke up pretty early. Some sources claim that he used to wake up at 7:30 am while others differ by half an hour claiming that he wakes up at 8:00am.

Churchill had a really healthy habit of sleeping naked. Yes sleeping naked is known to have many health benefits. Unlike the others, after getting out of bed and using the bathroom , Winston Churchill gets back in bed where he had his breakfast and where he did his reading. His reading included the mail he got and the newspapers.

Some sources claim that he used to stay in bed after he woke up to finish the things listed above , and that at 11:00am he used to go to the bathroom and get ready to effectively start his day.

He used to enjoy walking , specially around the gardens.

He used to love drinking Whiskey and Soda.

At 1:00 p.m. he joined guests and family for lunch. When lunch ended, about 3:30 p.m. he returned to his study to work, or supervised work on his estate, or played cards or backgammon with Clementine, his wife.

He had his essential hour and a half nap, a habit gained in Cuba, that allowed him to work 1 1/2 days in every 24 hours.

Finally , he used to have a big dinner with a lot of conversations , drinks and cigars. Dinners used to go past midnight sometimes. Churchill used to work for an hour or so after the dinner is done

LEE JUN-FAN

Who is he and what are some of his habits?



WIDELY KNOWN AS BRUCE LEE

About Bruce Lee

Known professionally as Bruce Lee. Born on the 27th of November 1940 in Chinatown , San Francisco , U.S. He was a martial artist , actor , philosopher, filmmaker , and the founder of the great martial art " Jeet Kune Do."

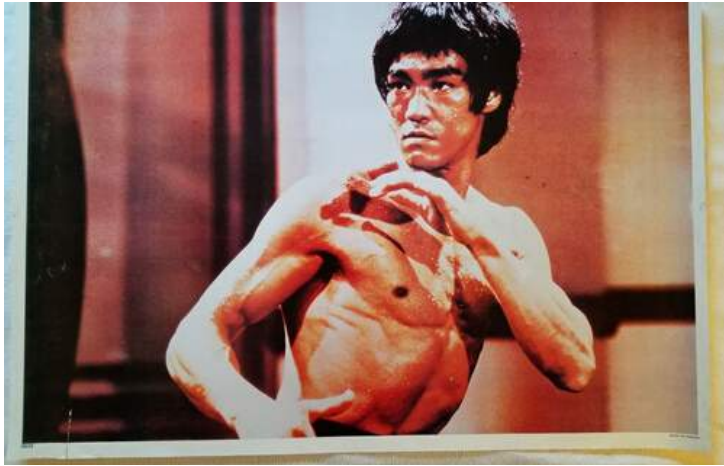
He is known as one of the greatest , most phenomenal and most influential martial artists of all time. He is known to be the reason why Asian presentation in American movies changed for good.

He studied in different institutions, Seattle Central Community College , La Salle College , St.Francis Xavier's College , and the University of Washington.

Bruce Lee had the ability to snatch a dime off a person's open palm before they could close it and leave a penny behind. In one fight he landed 15 punches and a kick , knocking out his opponent in 11 seconds. Furthermore, while filming "Enter The Dragon" Lee's kicks were so fast in one scene , where they had to re-film it in slow motion so that it wouldn't appear fake. He also had the ability to catch a grain of rice in mid-air with chopsticks. He was a fitness fanatic doing 50 one-armed chin-ups at a time ,doing pushups with 125 lbs on his back , when he weighted only 130 lbs.

As an iconic martial arts performer, he was in a number of television shows and films. The movie that made him a " Hero " in the west was "Enter the Dragon " that grossed about 200 million dollars worldwide.

He was listed on Time magazine list of "100 Most Influential People of the 20th Century." He had a Net Worth of 10 million dollars , he also received many awards such as the Hong Kong Film Award for Lifetime Achievement Award 1994, Golden Horse Award for Best Mandarin Film 1972 and Golden Horse Special Jury Award 1972.



Cardio vascular training was also essential. His Cardio workout consisted of Running , Jump Rope and Cycling.

Finally , Lee loved to challenge his body by doing extreme workouts such as the one-arm chin-ups and many other workouts...

" Mistakes are always forgivable , if one has the courage to admit them" -Bruce Lee

A MARTIAL ARTS MASTER

Some Of His Habits

His spectacular physique was nurtured by an exceptional diet that included Chinese food , protein shakes and vitamin supplements. He refused to fuel his body with Junk food. It is said that his favorite dish was beef in oyster sauce. A dish like that contains a lot of protein. His lean shredded body needed all the protein he can get.

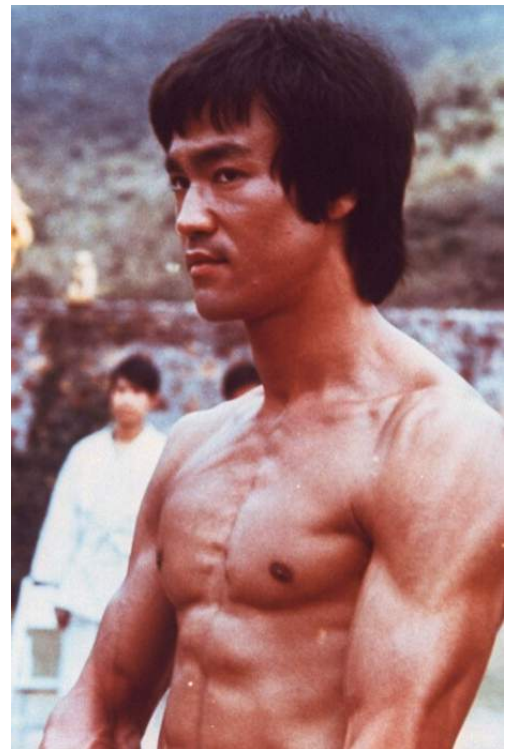
Lee avoided refined flour , dairy products , and focused on getting smaller portions but more meals.

His ideal protein shake would contain : non-instant powdered milk , eggs , wheat germ , peanut butter , brewer yeast , Inositol and Lecithin...

He increased his Carbohydrates intake by juicing and blending fruits and vegetables. In terms of workout , Lee trained by punching and kicking on alternative days with a variety of equipments, from the foam pads to the heavy bags.

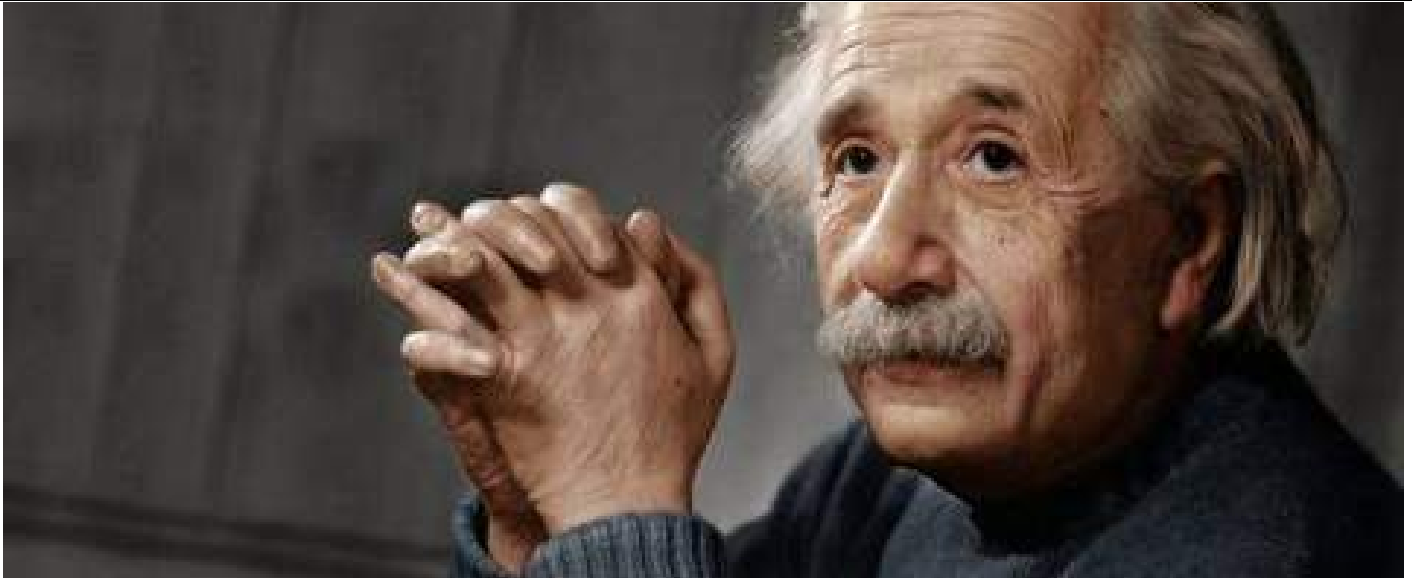
He focused on proper footwork , timing , rhythm, and distance control are crucial as well as the form behind the punches and kicks themselves.

Bruce also focused on Sit ups , Hanging leg raises , Slide bends, Barbell curls , Bent-arm Pullover , Squat and Bench-Press Medium Grip.



ALBERT EINSTEIN

Who was he and what were some of his habits?



HIS BRAIN WAS A PIECE OF ART

About Albert Einstein

Albert Einstein , born on the 14th of March 1879 in Ulm, in the Kingdom of Württemberg in the German Empire was a theoretical physicist. During his visit to the United States , as a Jewish , Einstein couldn't go back to Germany as Adolf Hitler came to power in 1933. Therefore he settled in the U.S. becoming an American Citizen in 1940.

He is most known for his mass-energy equivalence formula: $E = mc^2$ which is considered one of the world's most famous equations. He also showed how to calculate Avogadro's number and the size of molecules.

He influenced modern physics by developing the theory of relativity. Einstein also challenged the wave theory of light, suggesting that light could also be regarded as a collection of particles. This helped to open the door to a whole new world for quantum physics.

During a lifetime , Albert Einstein published more than 300 scientific papers along with other non scientific papers. His paper concerning the Brownian motion of particles, with profound insight, Einstein blended ideas from kinetic theory and classical hydrodynamics to derive an equation for the mean free path of such particles as a function of the time. In one of his papers He answered a basic question: "Why is the sky blue?" His paper on the phenomenon called critical opalescence solved the problem by examining the cumulative effect of the scattering of light by individual molecules in the atmosphere. Between 1905 and 1925, Einstein's work transformed humankind's understanding of nature on every level, from the smallest particles to the cosmos as a whole. Now, nearly a century after he began to make his mark, we are still exploring his extraordinary universe.

His intellectual achievements , theories and thoughts made the word Einstein synonymous with "Genius."

In 1921 , based on his brilliant ideas , he was awarded the Nobel Prize.

HE CHANGED THE WORLD OF PHYSICS

Some Of His Habits

Einstein's routine and habits were simple. It is said that he used to sleep a lot (around 10 hours of sleep), to be able to function properly.

He used to get breakfast between 9:00 and 10:00 in the morning. While having his breakfast he used to enjoy reading the daily papers.

He then used to go to his Princeton office when he worked at the newly founded Institute for Advanced Study. Though the Institute is independent of the University, its original offices were located on Princeton's campus.

He used to go there by foot when the weather would allow it , otherwise a station wagon from the university would pick him up.

At 1:30 pm , he is back home , having lunch, usually followed by a cup of tea and nap.

The rest of his afternoon was spent at home. He used to dive back into work and spend some time with visitors if anybody stopped by.

An early supper at around 6:30 pm , gives Einstein the energy to get back to work on his research , papers , theories , ideas and letters.

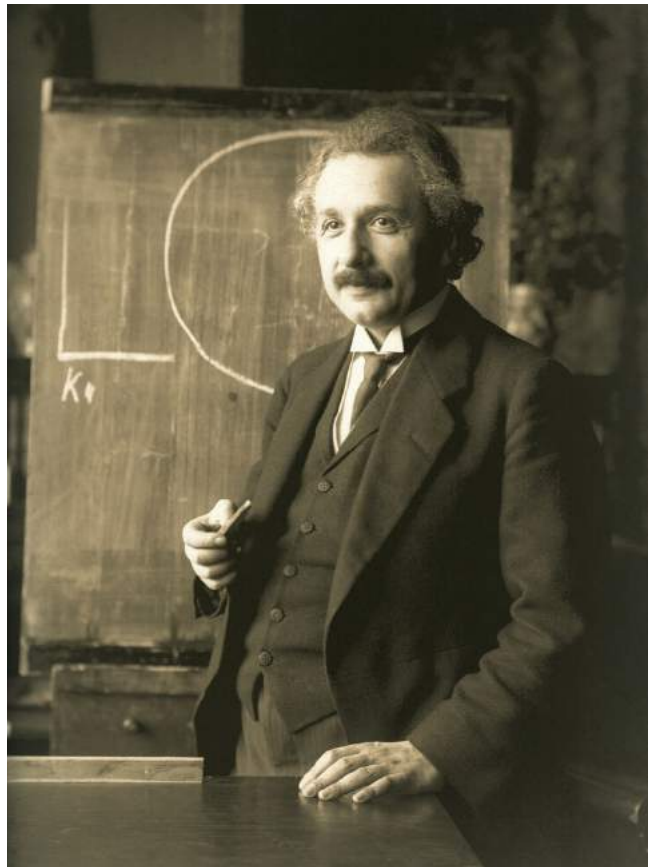
Trying to avoid visits to the barber , he used to keep his hair long and uncombed. Part of his charm was his disheveled look. One of Einstein's peculiar habits was to never wear socks.

As many other people covered in this book , Einstein loved smoking.

Finally , his favorite hobby was sailing. So whenever he had some free time he used to enjoy sailing. It is said that he did some of his most memorable work while sailing.

“

*"Imagination is more
Important Than
Knowledge" -Albert
Einstein.*



MOTHER TERESA

Who is she and what were some of her habits?



COMPASSION BEYOND MEASURE

About Mother Teresa

Known in the Catholic Church as Saint Teresa of Calcutta, and born with the name of Anjezë Gonxhe Bojaxhiu, Mother Teresa was born on the 26th of August 1910 in Üsküp, Kosovo Vilayet, Ottoman Empire.

She was a Roman Catholic nun and missionary.

One of her first projects was to teach the children of the poor – drawing on her experience with teaching the children of the rich.

In addition to promoting literacy, Teresa taught the children basic hygiene.

By 1950 she was able to start the Mission of Charity dedicated to caring for “the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone.”

For her commitment, love and compassion that she devoutly shared, the Government of India honored her with Padma Shri, Jawaharlal Nehru Award for International Understanding and Bharat Ratna, India’s highest civilian award.

Mother Teresa also was honored with Ramon Magsaysay Award for International Understanding.

She was awarded the first Pope John XXIII Peace Prize.

In 1979, Mother Teresa's devotional work among the poor and dying of India won her the Nobel Prize for Peace in 1979

Her greatest achievement was probably the founding of the Missionaries of Charity, an order of nuns dedicated to alleviating the suffering of the poor. Established in 1950 in Calcutta, India, it has grown from its initial 12 members to more than 4,000 worldwide.

Today, Mother Teresa's order runs AIDS hospices, orphanages and charities throughout the world.



" Spread love everywhere you go. Let no one ever come to you without leaving happier." - Mother Teresa.

A SPIRITUAL LEADER WHO CHANGED THE WORLD

Some Of Her Habits

The first thing that I want to share , is Mother Teresa's heartwarming prayer:

Dear Jesus, help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. Amen.

Mother Teresa would usually start her day at 6:00 in the morning. She had a Mass in the morning where she would always sitting against the wall in the back with the sisters. After the Mass, she would greet the guests and listen to their stories.

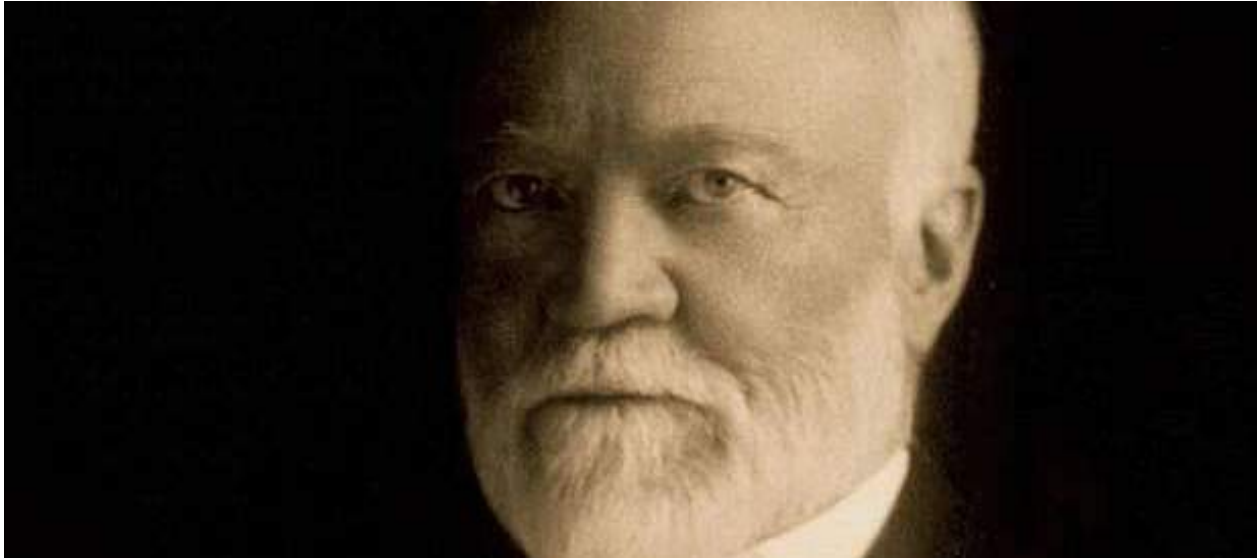
From 7:00 until 1:00 she would be working on her mission.

In the afternoon, Mother Teresa along with the sisters would have a period where they would have private prayer and come together as the Missionaries of Charity. After that, they would have an open prayer service that other people could join.

Her habits consisted of prayer , talking to people , listening to people and most importantly helping people, especially by working on her Charity.

ANDREW CARNEGIE

Who is he and what are some of his habits?



A REVOLUTIONARY ENTREPRENEUR

About Andrew Carnegie

Andrew Carnegie, born on the 25th of November 1835 in Dunfermline, Fife, Scotland was an industrialist who led the expansion of the American steel industry in the late 19th Century.

He is known as one of the richest people and Americans ever. He later dedicated his life to philanthropic endeavors. By 1889 he owned Carnegie Steel Corporation, the largest of its kind in the States and in the World. In 1901 he sold his business and dedicated all his time to expanding his philanthropic work. Upon moving to the United State, he settled in Allegheny, Pennsylvania, and Carnegie went to work in a factory, earning \$1.20 a week. He went from a job that paid him just \$1.20 per week to being a multimillionaire in less than 30 years.

Carnegie's 1889 article "Wealth" outlined his view that those with great wealth must be socially responsible and use their assets to help others. This was later published as the 1900 book "The Gospel of Wealth". Some resources state that his Net Worth hit more than 300 billion dollars. He was willing to always look at something new because it could add to the profitability of his business venture, improve his product, or give the product a new shape. Andrew Carnegie donated much of his fortune to fund libraries (about 3,000 of them), schools and universities. We have Andrew Carnegie to thank for the advent of free public libraries. He usually funded the construction of the library if the local community would agree to provide the land and provide operations and maintenance funds. He was the catalyst behind such institutions as Carnegie Mellon Institute, Birmingham University, and more. He was a big benefactor of the Tuskegee Institute. He funded and had constructed 7,000 church organs. He founded and owned Carnegie Hall in New York City. Almost unheard of at the time, he created a pension fund for his thousands of employees giving them financial freedom. He gave away over \$350 million (worth a lot more now) by the time he died. The remaining \$30 million of his fortune was then given away to various foundations, charities and pensioners.

AN INDUSTRIALIST AND A PHILANTHROPIST.

Some Of His Habits

Carnegie always worked according to his plans. He creates a plan of action and starts working towards it immediately.

He used to have a lot of connections , meeting people who had whatever it is he wants to have so he can learn from them.

The "Andrew Carnegie Commandments" were :

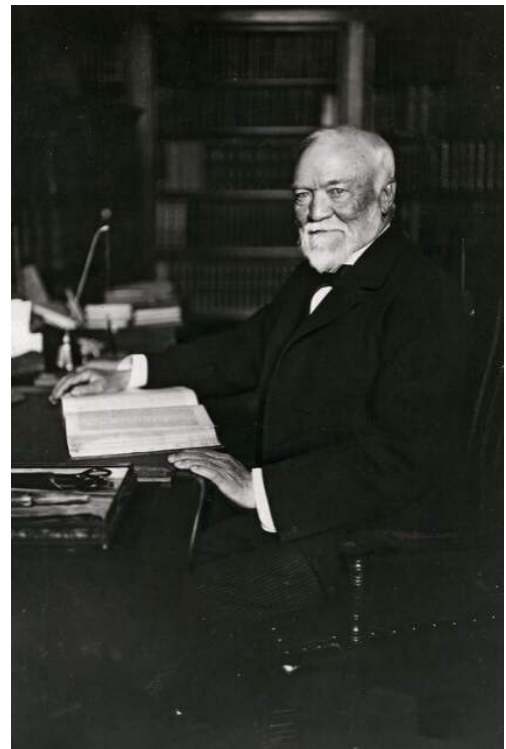
- To spend the first third of one's life getting all the education one can.
- To spend the next third making all the money one can.
- To spend the last third giving it all away for worthwhile causes.

Through his autobiography , I was able to summarize his success habits.

- 1) Invest in Yourself first.
- 2) Seek knowledge, value and culture. Do not seek money alone.
- 3) Success comes from openness and treating people well.
- 4) Enlarge your circle.
- 5) Public speaking is just speaking, it's like a conversation with your friend.
- 6) Be the master of your mood, don't let your emotions control you.
- 7) Spread the risk don't concentrate it..
- 8) Travel more to broaden and nourish your mind.

" No man will make a great leader who wants to do it all himself, or to get all the credit for doing it." -Andrew Carnegie.

These tips on success were the foundation rocks of Carnegie's habits that made him one of the greatest businessmen and philanthropists in the world. I was not able to retrieve specific daily habits from his autobiography , I was able however to establish his rules of success.



JEFFREY PRESTON JORGENSEN "JEFF BEZOS"

Who is he and what are some of his habits?

THE FOUNDER OF AMAZON.COM

About Jeff Bezos

Jeff Bezos born on the 12th of January 1964 in Albuquerque, New Mexico is an engineer, technology and retail entrepreneur, investor and philanthropist.

He is best known as the founder, chairman, and chief executive officer of Amazon.com, which is the world's largest online shopping retailer.

He is the founder and manufacturer of Blue Origin with test flights to space beginning in 2015, and plans for commercial suborbital human spaceflight beginning in 2018. In 2013, Bezos purchased "The Washington Post newspaper". A number of other business investments are managed through Bezos Expeditions. He studied computer science and electrical engineering at Princeton University. After graduation he worked on Wall Street, and in 1990 he became the youngest senior vice president at the investment firm D.E. Shaw. Amazon.com started as an online book store in 1995. The company has ushered revolution in online shopping by introducing innovative features, such as one-click shopping, customer reviews, e-mail order verification and incorporating any product that you can possibly imagine.

Bezos set up the office for his fledgling company in his garage where, along with a few employees, he began developing software. They expanded operations into a two-bedroom house, equipped with three Sun Micro stations, and eventually developed a test site. After inviting 300 friends to beta test the site, Bezos opened Amazon.com, named after the meandering South American River, on July 16, 1995.

In 2017 he was ranked the third richest man on earth with a Net Worth of 81 billion dollars. Bezos was selected by U.S. News & World Report as one of America's best leaders. In 2011, The Economist gave Bezos and Gregg Zehr an Innovation Award for the Amazon Kindle. The following year, he was named Businessperson of The Year by Fortune.

In December 2012, the National Retail Federation named Amazon as the top retailer of the year, and awarded him the Gold Medal Award, given to an individual who has served the industry with distinction.



ONE OF THE WEALTHIEST ENTREPRENEURS

Some Of His Habits

In 1999, Bezos told the "Wall Street Journal" that eight hours of sleep gives him the alertness and clarity of thought necessary to tackle each day's challenges. He doesn't sacrifice rest to work. For him resting is essential if you want to build a billion dollar company.

"I just feel so much better all day long if I've had eight hours of sleep" he said.

While working on Wall Street, he did not have the freedom to sleep as much because of the pressure of work. However he had a very interesting trick that I myself started using. He brought a sleeping bag to work and used it to catch some shuteye when the hours were long and the pressure was high.



Bezos's hobby is so elite, expensive and niche that it makes sense only he's known for it. When given the opportunity, he spends time combing the oceans for discarded NASA rocket ships.

He doesn't schedule early-morning meetings and prefers to spend time with his loved ones.

Ironically, Bezos's biological father didn't even know that he was alive until just recently. Fortunately, Bezos himself is a much better father. He prioritizes family, and (like Elon Musk), he's got a big one, so he sort of has to.

"A brand for a company is like a reputation for a person. You earn reputation by trying to do hard things well." -Jeff Bezos

MICHAEL KING JR. "MARTIN LUTHER KING JR."

Who is he and what are some of his habits?



THE HEART OF A LEADER

About Martin Luther King

Martin Luther King, born on the 15th of January 1929 in Atlanta Georgia USA was a Baptist minister pastor, activist, humanitarian and leader in the African-American Civil Rights Movement. He was a leader in the Civil Rights Movement. He founded the "Southern Christian Leadership Conference" in 1957, and served as its first president. He is mostly known for his glamorous speech "I have a dream".

In 1963, Dr. King achieved perhaps his most important accomplishment when he helped lead over 200,000 people to the Lincoln Memorial overlooking the Washington Monument. The march was organized by King and groups of civil rights, labor and religious organizations in order to gain civil and economic equality for African-Americans. It was the day where he gave his historic speech mentioned before.

Rosa Parks was arrested for refusing to give up her seat on a bus to a white person. Upon this event, King led the boycott on the Montgomery. The boycott, which lasted for 385 days, was a political and social protest against racial segregation. King was arrested for leading the protest, he underwent abuse and multiple threats, and his home was even bombed. But his determination for justice and equality never stopped him in his fight. He was and still is a great inspiration for people across the world.

In January 1963, Time magazine named Martin Luther King, Jr., "Man of the Year" for 1963 recognizing him as a fearless leader who fought to bring equality in America. He was the first African American recipient of this honor.

In 1964 King received the Nobel Peace Prize for leading non-violent resistance to racial prejudice in the U.S. He was the youngest recipient of the award at the time (35 years old).

King received The Presidential Medal of Freedom, The Congressional Medal of Freedom, Grammy Hall Of Fame and a few more awards.

He is recognized as the worldwide symbolic leader of African Americans.

BEST KNOWN FOR HIS SPEECH: I HAVE A DREAM

Some Of His Habits

Though Martin Luther King Jr. tried to keep the habit under wraps from his family, friends and photographers, he was a lifelong smoker.

It was hard for me to find any solid habits that King had, so I thought that it would be extremely beneficial to cover his speech writing techniques as he well known for his flawless speeches.

To have any lasting impact, a speech must be memorable to the audience, and repetition is the best tool with which to accomplish that. King employs this repetition method in his speeches, which means repeating words or phrases at the beginning of neighboring sentences to underscore a point. He does this with the phrases , "I have a dream" , " if I had sneezed " and many other memorable phrases that resonates in people's memories till this day. He also uses the anaphora technique where he repeats theme related key words. Words like " freedom , justice, we, nation , dream" were repeated in his famous speech " I have a dream " to reinforce those key concepts.

King also used evoking historic and literary references and examples which is a powerful speechwriting technique that can be executed explicitly (a direct quotation) or implicitly (allusion).

Most importantly ,the use of metaphors that can allow you to associate your speech concepts with concrete images and emotions. Triggering the audience's emotions is the goal of each speaker , because emotional reinforcement makes the idea " stick " in the audience's mind.

Finally, his speeches had a " WHY ". Find your why , and your speech will flow like a river.

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"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." - Dr. Martin Luther King Junior.



THE HABITS OF SUCCESS

WARREN EDWARD BUFFET

Who is he and what are some of his habits



A VISIONARY INVESTOR

About Warren Buffet

Warren Buffet, born on the 30th of August 1930 in Omaha, Nebraska , U.S. is a business man , investor and philanthropist.

He is the chairman, CEO and the largest shareholder of Berkshire Hathaway, a multinational conglomerate holding company headquartered in Omaha.

Called " the Oracle of Omaha " , Buffet became one of the richest men on earth through his work and keen sense of investing.

He developed his own investment principles which helped him acquire a lot of wealth; he was already a millionaire by the time he was in his early thirties.

While most 11-year-old boys were playing T-ball and reading comic books, Buffett bought stocks. In the spring of 1942, at 11-years-old, Buffett purchased shares of Cities Service Preferred for \$38 a piece.

By the age of 13, Buffett was running his own businesses as a paperboy and selling his own horseracing tip sheet. That same year, he filed his first tax return, claiming his bike as a \$35 tax deduction.

By the end of 2013, Buffett had a net worth of \$59 billion up from \$46 billion at the beginning of the year. On average, Buffett made \$37 million a day in 2013, which was fueled by rising stock prices.

Considered to be the most successful investor of the 20th century, he is also the biggest philanthropists of our times and had pledged to donate most of his fortunes to social causes.

He was presented with the Presidential Medal of Freedom by President Barack Obama in 2011.

A single Class A share of Berkshire Hathaway goes for more than \$200,000, making it by far the most expensive publicly traded stock. While most companies split their stock in order to keep the price low, say under \$1,000 per share, Buffett refuses to split Berkshire Hathaway stock, so as to discourage short-term trading and volatility.



*"Price is what you pay. Value is what you get." -
Warren Edward Buffett.*

THE MIND BEHIND BERKSHIRE HATHAWAY

Some Of His Habits

Buffet spends more than 80% of his day reading. He established this habit long ago and he is always consistent and persistent with his reading.

This means he spends almost all of his time in deep thought and concentration about the things that are most important for him and his business. He separates reading financial statements from newspapers and books, focusing on one material at a time. According to Buffet there are three books that shaped his investment philosophy. Those three books gave him the wisdom he has today. These books are "The Wealth of Nations" by Adam Smith, "Security Analysis" and "The Intelligent Investor" by Benjamin Graham.

He usually wakes up at 6:45, reads the paper at home and often doesn't make it into the office until after the market opens.

He hates having schedules and keeps his phone conversations short.

I thought that it would be extremely beneficial to cover his investing habits since he is most known for his investing legacy.

Simply put, value investing involves seeking out companies that have high intrinsic value, justified by their financial solidity, assets, earnings, and dividends. Graham taught his students to use this approach in order to stay above the fray as the market experienced cycles of economic pessimism and over-excitability. Buffett learned that, when the price of such companies' stocks is extremely low in proportion to their intrinsic value, smart investors should consider purchasing them. Eventually, Buffett went beyond Graham's principles to stress the additional importance of a high-quality management team as part of a company's intrinsic value. He also emphasizes the importance of looking for companies with a competitive advantage over other products in the marketplace.

CHRISTOPHER COLUMBUS

Who is he and what are some of his habits?



AN INSPIRING EXPLORER

About Christopher Columbus

Christopher Columbus, born before the 31st Of October 1451 in Genoa, Republic of Genoa (Italy) was an explorer, navigator and colonizer.

His first voyage into the Atlantic Ocean in 1476 nearly cost him his life. Columbus participated in several other expeditions to Africa.

In the early morning hours of October 12th, 1492, a sailor from the ship called the Pinta sighted land. Columbus and his crew soon landed on the Bahamian Island of Guanahani (His discovery of North America). They would also visit Cuba and Hispaniola, or Haiti, as we now know it. All of the areas they explored were inhabited.

Columbus started the Columbian Exchange, which brought the potatoes and the corn to Europe, and Africa . He also found land and named it San Saluador. In the West Indies he saw foods such as pineapples, sweet potatoes, and corn. Columbus used a sand glass to time the speed of the ship. In Cuba he found Indians smoking the plant known as tobacco. Christopher Columbus is best known as the explorer who discovered North America. While his original hypothesis was that he could sail west from Europe in order to reach eastern Asia, Columbus stumbled upon the large land mass now known as North America, which led to colonization. Americans get a day off work on October 10 to celebrate Columbus Day. It's an annual holiday that commemorates the day on October 12, 1492, when the Italian explorer Christopher Columbus officially set foot in the Americas, and claimed the land for Spain. It has been a national holiday in the United States since 1937. Apart from the voyage he had in 1476 where he took part in an armed convoy, he made 4 voyages: 1492, 1493, 1498, 1502. A few references mentioned that he was not the first European to set foot on the New World, as Viking travelers had landed in what is now Canada 500 years before his arrival. Christopher Columbus is considered a hero because he traveled to the New World and launched a series of expeditions and migrations. The money he brought to European empires gave him the status of a hero. However, modern histories are more critical than previous historians.

HE WAS BIG ON COLONIZATION

Some Of His Habits

When Columbus was 14, he left school and his father's wool workshop to apprentice himself to a merchant on a trading ship.

Columbus operated a little mapmaking and bookselling shop with his brother Bartolommeo while he lived in Portugal.

Which brings us to the first habit: Entrepreneurship. He was an Entrepreneur who contributed massively in the European economy.

Columbus was very religious and believed God had called him to make his voyages. Many of the names Columbus gave to the lands he discovered were religious names. So second habit: Religion, he practiced religious rituals.

Columbus wore a plain Franciscan habit everywhere he went at a certain point in his life.

Near the end of his life, Columbus wrote a book called "Book of Privileges " that listed all the promises the Spanish crown had made to him over the years and the ways the crown had not honored these promises. And Later in his life, he began to write a bizarre book titled Book of Prophecies. In this book, he insisted that all his voyages had been divine missions directed by God. He believed the world was coming to an end and that he, Columbus, was bringing it about.

The Third habit that came later on: Writing.

Finally, sailing , navigating and exploring were his main habits, that's what he is most known for. He did these things for the biggest period of his life and became famous because of them.

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*" Following the light of
the sun, we left the Old
World."*

-Christopher Columbus.



WALT DISNEY

Who is he and what are some of his habits?



THE GUY WHO BROUGHT US DISNEY

About Walt Disney

Walt Disney, born on the 5th of December 1901 in Chicago Illinois U.S. was an entrepreneur, animator, voice actor and film producer.

A pioneering force in the world of animation, he transformed the entertainment industry completely, with his innovative ideas and creative visions. He introduced several developments in the production of cartoons. As a film producer, Disney holds the record for most Academy Awards earned by an individual, having won 22 Oscars from 59 nominations.

He was solely responsible for ushering the golden age of animation. He co-founded the Walt Disney Production, along with his brother, which went on to become one of the best motion picture producers of the world. The cartoon characters that we love to see today, such as Mickey Mouse, Donald Duck, Goofy, Pluto, are all the brainchild of this artistic inventor.

He received four honorary Academy Awards and twenty-two Academy Awards in his life for his distinguished works. He was the proud recipient of seven Emmy awards.

Disney's \$17 million Disneyland theme park opened on July 17, 1955, in Anaheim, California. In a very short time, the park had increased its investment tenfold, and was entertaining tourists from around the world. With the original site having some attendance ups and downs over the years, Disneyland has expanded its rides over time and branched out globally with parks in Tokyo, Paris and Hong Kong, with a Shanghai location slated to open in the spring of 2016.



He believed in improving every day, "Whenever I go on a ride, I'm always thinking of what's wrong with the thing and how it can be improved." Self improvement was also one of his main habits. It was extremely hard to find solid and detailed habits that Walt Disney had. However the 3 habits discussed were crucial for his massive success.

THEY THOUGHT HE LACKED CREATIVITY

Some Of His Habits

Walt Disney said, dreams take money and money comes from selling, so besides being a great animator, he was a great salesman. Convincing different investors to finance his animations, his skills in sales were definitely nourished by different habits related to sales.

He was an incredible storyteller, he used to use his storytelling skills while talking to his employees making work much more alive and fun. Storytelling became a part of his habits.



"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

-Walt Disney

GAUTAMA BUDDHA

Who is he and what are some of his habits?

A PHENOMENAL SPIRITUAL LEADER

About Gautama Buddha

Buddha, born in Nepal in the 6th century B.C. He was a spiritual leader and teacher whose life serves as the foundation of the Buddhist religion.

He was a highly influential figure in world history. The principal figure in Buddhism, he is also worshipped as a manifestation of God in Hinduism, Ahmadiyya Muslim Community and the Bahá'í faith.

He gave the Four Noble Truths which express the basic orientation of Buddhism and provide a conceptual framework of the Buddhist thought, and proposed the Eightfold Path to end suffering. He is recognized by Buddhists as an enlightened teacher who attained full Buddhahood, and shared his insights to help sentient beings end rebirth and suffering.

Originally born a wealthy prince, he left it all behind to pursue the path of truth when he saw the poverty and sickness beyond his palace walls. When he was a little boy, some wise scholars predicted that he would become either a great king or a renowned spiritual leader.

The 3 major tenets Buddha taught his followers were not to be ignorant, hate others, or get angry.

To achieve enlightenment, Young Siddhartha vowed to sit under a fig tree and meditate until he transcended suffering. At the end of an extremely long meditation and mental battle with Mara (the god of desire), he became awakened and was then known as the Buddha.

It is said that he fasted regularly and usually spend most of his time in walking miles so he can spread the philosophy of enlightenment. He is mostly known for spreading his teachings in a nonviolent way.

Practicing Buddhists view Buddha as a teacher and not a god or avatar.



THE FOUNDER OF BUDDHISM

Some of his habits

Buddha, would get up at 4.00 a.m. and as soon as he had had a wash would sit down to meditate for an hour. From 5.00 to 6.00 a.m. he would look around the world with his mental eye to see if anybody needed help. At 6.00 a.m. he would put on his robe and either go out and help the needy or beg for food.

The Buddha would go from house to house, eyes fixed to the ground, receiving in silence any food that was put into his bowl. Sometimes he would go begging with his disciples, who would walk behind him in single file. Often people would invite him to their houses for lunch and he would give a discourse to them and his followers. In the afternoon the monks would usually go to the Buddha to ask questions and be taught and advised.

The Buddha would then retire to his room and look around the world with his mental eye to see if anyone was looking for his help. He would then go and meet people who were waiting for him.



He would teach to them in such a way that everybody felt that the Buddha was teaching to each one of them separately, "giving joy to the wise, promoting the intelligence of the average people and dispelling the darkness of the dull-witted". From 6:00 pm to 10:00 the followers would come again to the Buddha to either listen or ask questions to clarify their doubts. From 10:00 pm to 2:00 am the devas would seize the opportunity to go to see the Buddha and learn the truth of life. The Buddha, on answering their questions, would complete the middle watch of the night. Finally from 2:00 am to 4:00 am, for the first hour the Buddha would walk up and down meditating and freeing himself from the discomfort of sitting all day. He then would sleep for an hour. Thus we can see the Buddha was busy the whole day. In fact he only slept one hour each day during this 45 years of teaching.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned."

-Gautama Buddha