

→ magic of doing simple things repeatedly, ignites

THE COMPOUND EFFECT

ASMA
Date _____ Page _____

1. Decision → shapes destiny.
↳ little everyday will either take you to life of ur desire or disaster.
2. Success → doing 1000 things ~~right~~ ^{right} well, 5000 times
3. You don't need new information, you need a new plan of action
4. No excuses. If you're not good at something → work harder
5. Be the guy who says No. It's no great achievement to go along with the crowd. Be the unusual guy.
6. SMALL, SMART CHOICES + CONSISTENCY + TIME = Radical Difference.
7. Consistency over time is imp.
8. Most challenging aspect of Comp effect → we've to keep working away for a while, consistently, before we begin to see the payoff.
9. COMPLACENCY → has impacted all great empires.
10. Only path to success → through continuum of mundane, unsung, unexciting daily disciplines compounded over time
11. CHOICE → starts behaviour that overtime becomes habit.
12. You've allowed yourself to make a choice ^{w/o} yourself thinking.
13. Take 100% personal responsibility. Life is product of moment to moment choices.
14. You alone are responsible for what you do or don't do, or how you respond to what's done to you.
15. Luck = preparation + attitude + opportunity + action
↳ equal opportunity distributor
16. The day you graduate from childhood to adulthood is the day you take full responsibility of your life.
↳ from today choose to be 100% responsible eliminate your excuses
17. first step to change = awareness
become aware of choices that lead you away from your desired destination
18. write things down.
19. successful people are the ones who are willing to do what unsuccessful people are not.
20. All winners are TRACKERS,
derings moment to moment ^{awareness}
21. write every little thing about the habit.
22. every little efforts → leads you all the way to top.
23. The earlier you start making changes the more powerful C.E works
24. It's never too late to reap the benefits of CE → The key is to start NOW
25. The first step always look harder than it actually is.
26. A single bad habit which doesn't look like much can lead you miles off
27. You've have to have a REASON to make significant improvement to ur life
28. All of the hours will be meaning-less until your whip are powerful enough
29. Greater the challenge, more rigorous our routine needs to be

high volume, low nutrient info
↓
makes your head fat.
• success isn't overnight.

Choice → Compounded → extraordinary results
look for every oppo to push a lil further.
• learning w/o execution → useless. Page

30. Instruct brain → to look for things
you want → you'll see 'em. whatever ur
mind is thinking internally is what it'll
focus on.

31. Top people → clear goals, they write
it down & make plan for its accomplishment

32. what stands b/w you & your goal
is your behavior (become aware)

33. YOU → choice (decision) + behavior
(action)
+ Habit (repeated action) + compounded (time)
= GOALS. ↑ identify ur triggers

34. Make list of 'bad habits' (key is to make
your wily power so strong that it defeats
your instant gratification)

35. Get rid of whatever enables ur bad habits
see what behavior you can replace, delete, swap out.
it's wise to give yourself time, 1 step at time

36. "It's not so much what you attempt
to take out of your diet; it's what you
put in instead."

37. Find lil rewards to give yourself.
Promise myself a nice big pot of gold when
you reach the end of rainbow.

38. Always be happy when something is
hard → coz most ppl won't do what it takes

39. if it's hard, awkward, tedious, so be it.
Just do it. And keep doing it, & magic of
CE reward you handsomely.

40. Be patient when it comes to habit
creating new habits will take time.

41. It takes time & energy to get Big Mo,
but with it, success & results compound fast.

42. Routine built on good habits & discipline
operates the most successful

43. it's imp to cashout ur day's performance
compare to ur day plan, how did it go?

44. when your discipline & actions develop a
rhythm you welcome Big Mo.

45. life is simply a collection of experience
we need to collect good ones. consistency

46. Nothing kills Big Mo then lack of 1.

47. it's far easier & requires a lot less
energy to take off once & maintain regular speed

48. Breaking free of inertia, it takes time,
wasteful energy & consistency to pump water

49. whatever you're allowing yourself to
hear & see → input you feeding your brain

49. Refuse qip decides your success you're
combined avg of 5 ppl you hang around with
watch out you connect hang out with +ve
people & expect to live +ve life

50. Categorize: a) dissociation b) limited
association c) expanded association

51. you can have almost any mentor you want
into books, videos or podcast.

52. Find a peak performance partner.

53. Invest in Mentor → you're never too good

54. You will get in life what you accept
& expect you're worthy of.

55. Just forget about what ur feeling &
just engage for a lil bit.

56. Don't wish it was easier, wish you were better

57. Use yourself as your toughest competitor

58. Separate yourself by doing the unexpected
Make your goal to always surpass what
they expect. Exceeding expectation builds
trust & creates loyalty.