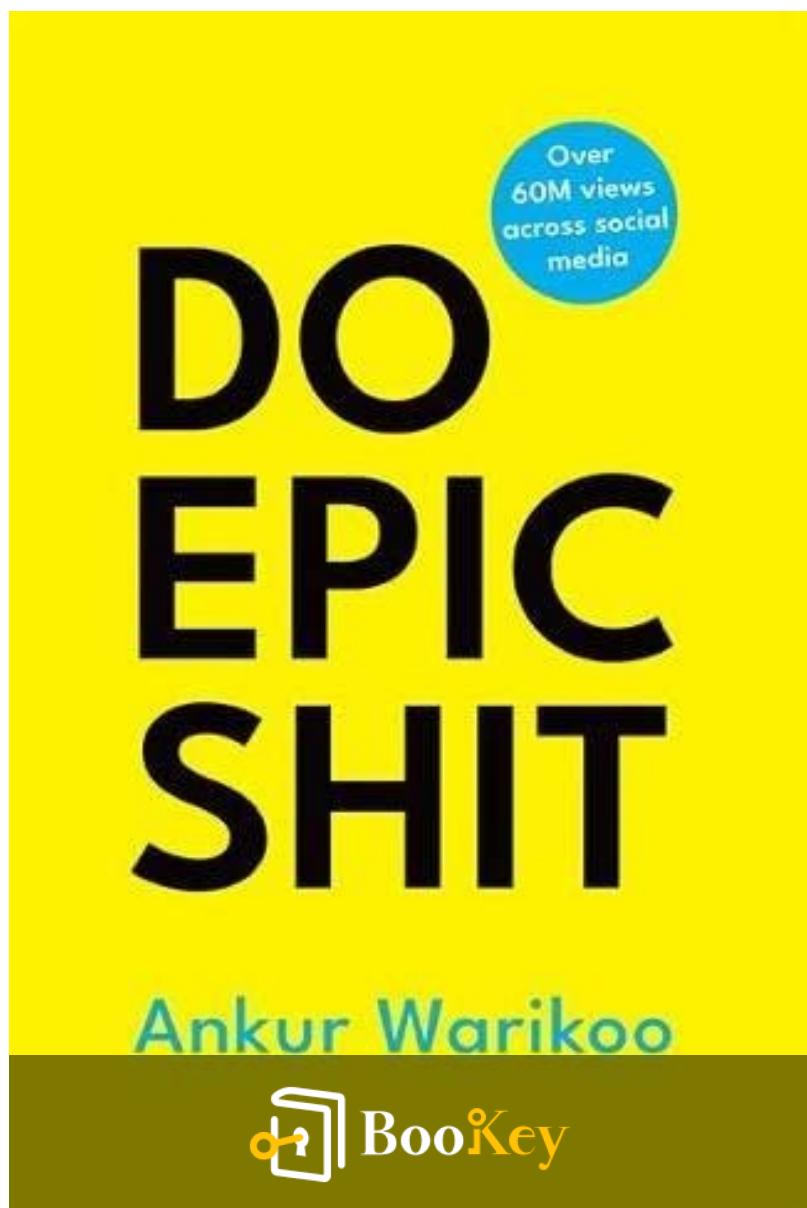


Do Epic Shit PDF

Ankur Warikoo



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Do Epic Shit

Empowering Guidance for Achieving Success and
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About the book

Do Epic Shit by Ankur Warikoo invites you on a transformative journey to redefine success on your own terms. Packed with Warikoo's candid anecdotes, sharp insights, and unfiltered wisdom, this book is an essential guide for anyone ready to change their life's narrative. Through its engaging prose, the book serves as a candid reminder that the path to extraordinary achievements is paved with personal understanding, relentless effort, and the courage to embrace your individuality. Whether you're stuck in a rut, aspiring to enhance your personal growth, or simply need an inspiring nudge to tackle life's challenges head-on, Do Epic Shit equips you with the mindset to think big, act bold, and relentlessly pursue your dreams. Explore how to dismantle fears, rise above failures, and manifest the life you've always desired.

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About the author

Ankur Warikoo is an accomplished entrepreneur, mentor, and public speaker, widely recognized for his insightful guidance on time management, personal growth, and startup success. Born in India, Warikoo holds advanced degrees from Michigan State University and the Indian School of Business. He co-founded Nearbuy in 2015 and served as its CEO, driving the company to prominence in India's tech and entrepreneurial landscape. Warikoo's transparent and relatable approach to sharing his life lessons and professional experiences has cultivated a vast following on social media platforms, where he regularly produces content aimed at inspiring young entrepreneurs and individuals seeking personal development. In his book "Do Epic Shit," Warikoo encapsulates his philosophy of embracing failures and achievements alike, pushing readers to pursue their dreams with relentless passion and mindfulness.

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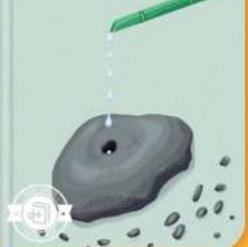
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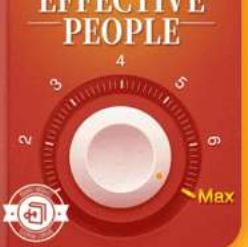
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Summary Content List

Part 1 : SUCCESS (AND FAILURE)

Part 2 : HABITS

Part 3 : Awareness

Part 4 : ENTREPRENEURSHIP

Part 5 : MONEY

Part 6 : RELATIONSHIPS

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Part 1 Summary : SUCCESS (AND FAILURE)

Summary of Part 1: Do Epic Shit - Ankur Warikoo

Personal Reflection on Success and Failure

The author's relationship with success is closely tied to his experiences with failure. He emphasizes that success is not about a one-size-fits-all prescription but about individual interpretation, reflecting on failures, and striving towards personal growth.

The True Meaning of Achievement

Achievement is about exceeding one's own expectations. The joy of accomplishing tasks beyond what was planned is a true measure of success. The author encourages readers to overcome self-doubt, emphasizing the importance of starting today rather than waiting.

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Embracing Action and Persistence

Actions define a person more than intentions do. Luck is often a product of hard work and persistence. The author argues that consistent efforts, even when tasks seem mundane, can lead to significant results.

Expanding Identity and Consistency

In a world that often pushes for a singular identity, the author advocates for embracing multiple roles and passions. Consistency complemented by authenticity is vital in both life and content creation.

Redefining Success

Traditional metrics of success often imposed by society are challenged. The author urges individuals to rewrite their definitions of success based on personal values and desires, instead of conforming to societal expectations.

Learning from Mistakes

The author shares significant mistakes made in his 20s and

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30s, like pursuing education without passion, misjudging relationships, and neglecting personal wellbeing. Each error provided vital lessons that reshape his understanding of success and happiness, emphasizing the importance of self-awareness and perspective.

Navigating Relationships

The relationship dynamics with money, time, and oneself are outlined as crucial to personal success. Effective communication and authentic connections take precedence over conventional metrics of accomplishment.

Value of Mentorship

The importance of mentorship in one's journey is highlighted. Seeking different mentors for various life aspects can provide valuable insights that promote personal and professional growth.

Acknowledging the Journey Over Results

The author emphasizes that the journey and personal development through failures are more significant than the

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end results. He encourages readers to embrace their scars from past battles as part of their unique story.

Final Thoughts on Life and Learning

In closing, the author recognizes his failures as integral to his identity and growth. The past mistakes are not something to be ashamed of; rather, they are marks of lessons learned that shape one's character and resilience. Embracing and acknowledging these experiences lead to greater self-acceptance and eventual success.

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Example

Key Point: Embrace Your Unique Journey

Example: Reflect on a time when you faced a setback, like bombed a job interview. Instead of dwelling, imagine applying those lessons to redefine your approach. Each misstep becomes the stepping stone towards unveiling your potential, showing that your path isn't defined by failures, but how you navigate them to forge a path uniquely yours. Start today by setting a small, meaningful goal that exceeds your previous expectations—you'll see that success is a personal journey.

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Part 2 Summary : HABITS

Habits Over Goals

For a long time, the author has focused on habits instead of setting goals. This approach helps in personal development and opens multiple opportunities, unlike goals that lead to merely reaching a destination. Cultivating good habits, such as regular sleep and consistent activities, shapes who we become.

Importance of Sleep

Waking up early is linked to going to bed on time. Being well-rested contributes to productivity and happiness, while waking up tired negates any benefits of early rising.

Sharing Your Journey

Documenting and sharing personal experiences can serve as inspiration for others. Everyone's story holds value, and sharing it fulfills a moral responsibility to guide others who may benefit.

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Curiosity and Opportunities

Encouraging curiosity opens up more opportunities than hard work alone. Avoiding targets and instead focusing on habits fosters personal growth.

Meaning in Struggles

Struggles should not be minimized but analyzed for meaning. Understanding and reframing struggles can lead to better emotional health.

The Power of Asking Questions

To resolve misunderstandings or improve relationships, asking open-ended questions can clarify situations better than making assumptions.

Essential Skills

There are key skills that aren't commonly taught, such as humor and human psychology. Developing these can enhance communication and relationships.

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Emphasis on Passion

Engaging in activities you love brings motivation and reduces laziness. Productivity isn't about hacks but spending time doing what you enjoy.

Writing for Self-Expression

Writing should stem from a desire to express oneself, not for approval. This practice clarifies thoughts and feelings.

Daily Habits

The first and last hours of the day reflect what is important in your life. Prioritize these time blocks for personal time and family engagement.

Value of Consistency

Small, consistent actions can lead to significant life changes. Progress is a part of everyday life, akin to breathing.

Importance of Action

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Plans without action are empty. Being active in pursuing objectives proves intent and commitment.

Quality of Presence

Your presence doesn't equal discipline; engagement and focus define it. Choosing where and with whom to spend your time can enrich your life.

Optimize for Growth

Pursue opportunities that promise learning and growth rather than comfort. Avoid stagnation by embracing progress and facing fears.

Seeking Boredom as Rebellion

Choosing free time as a way to embrace boredom leads to personal growth and comfort in solitude.

Thoughts Influence Reality

The people you surround yourself with shape your mindset

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and opportunities. Be mindful of who you follow and associate with online and offline.

Sneak Peek into Habits

The author shares practical habits for productivity: consistent journaling, using technology effectively, a structured calendar, valuing communication, and creating an optimal work environment.

Embracing Intent

As life becomes complicated with distractions, it's crucial to prioritize meaningful progress. Cumulatively, even small changes in productivity can lead to significant outcomes over time.

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Part 3 Summary : Awareness

Summary of Part 3 from "Do Epic Shit" by Ankur Warikoo

Awareness in Decision-Making

- Making decisions should stem from awareness rather than ignorance. The author emphasizes the importance of cultivating awareness to help individuals make better choices in their lives.

Importance of Communication

- Not all essential ideas are universally practiced, highlighting the necessity of reiterating key concepts for motivation and action. Decisions should be made from a place of understanding one's circumstances.

Living Authentically

- Many people live their lives trying to appease others, which

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leads to emotional debt that can have long-lasting negative effects. True fulfillment comes from prioritizing oneself and being authentic.

Navigating Choices and Fear

- When faced with choices, opting for one option over another fosters growth, as indecisiveness often leads to confusion. Mastering calmness even in challenging situations allows for better handling of difficulties.

Procrastination and its Roots

- Procrastination is often fueled by fear rather than laziness. Overcoming that fear is a key step toward achieving success and personal growth.

Comparisons and Satisfaction

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Part 4 Summary : ENTREPRENEURSHIP

Summary of Part 4 - Do Epic Shit by Ankur Warikoo

Entrepreneurial Journey

- Ankur shares his long-standing passion for entrepreneurship, starting from a young age.
- His key learnings stem primarily from mistakes and failures rather than successes.

Commitment and Presence

- Founders must show up every day, regardless of circumstances.
- People prefer to work for competent individuals, highlighting the importance of leadership.

Challenges of Entrepreneurship

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- Entrepreneurship becomes increasingly challenging as excitement fades and details emerge.
- The stories and motivations behind starting a business are crucial for perseverance.

Intent Over Capability

- Success hinges on intent rather than mere talent or capability.
- Building a team requires empathy, patience, and understanding.

Trust and Accountability

- Trust is vital; it's not enough to be intelligent if you lack trustworthiness.
- Work quality reflects the trust a manager has in their team.

Mindset of Entrepreneurship

- Entrepreneurship is a mindset that extends beyond having a startup.
- Small changes and problem-solving can embody an

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entrepreneurial spirit.

Reality of Founder Dilution

- Initial external funding may seem minor, but it can significantly impact founders' ownership as the company grows.

Market Perception

- Customers prioritize effective problem-solving over founders' backgrounds or struggles.
- Success depends on delivering solutions rather than relying on titles or previous achievements.

Investment and Growth

- Raising funds is just a beginning, not an endpoint.
- Acknowledge the effort but recognize the ongoing obligations to stakeholders.

Creative Problem-Solving

- Effective problem-solving often requires navigating the

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unknown.

- Attitude trumps experience; hiring should focus on cultural fit and growth potential.

Team Dynamics

- True team strength emerges from shared leadership and mutual support.
- A strong culture learns from mistakes and fosters collaboration.

Resilience and Leadership

- Entrepreneurship tests your true character, especially during tough times.
- The ability to remain calm and empower your team under pressure is crucial.

Inspiring Potential

- Instead of criticizing, leaders should inspire their teams by modeling desired behaviors.
- The narrative of entrepreneurship should be about perseverance and real problem-solving.

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Navigating Obstacles

- Many face the temptation to leave jobs for uncertain ventures; practical testing of ideas is encouraged.
- Motivations should be intrinsic for sustainable entrepreneurial joy.

Leadership Philosophy

- Great leaders focus on building irreplaceable visions and empower teams to operate independently.
- Trust is a competitive advantage; fostering trust early leads to higher accountability and performance.

This summary encapsulates the insights and reflections shared by Ankur Warikoo in Part 4 of "Do Epic Shit," emphasizing the importance of commitment, trust, mindset, and leadership in entrepreneurship.

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Critical Thinking

Key Point: The Role of Intent in Success

Critical Interpretation: Ankur Warikoo stresses that intent outweighs talent in entrepreneurial success, suggesting a more profound motivation beyond skills. While striving for empathy and understanding in leadership can foster a productive environment, critics argue that capability remains essential; many founders of successful businesses possess not only intent but also specific skill sets that enable them to navigate challenges effectively (Morris, M.H., & Kuratko, D.F. (2002). Corporate Entrepreneurship). Readers should consider that intent alone may not guarantee success without the necessary competencies.

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Part 5 Summary : MONEY



Section	Summary
Understanding Money's Role	Money can be a goal or a means to freedom; a healthy relationship involves respect.
My Money Mistakes	Took loans without considering taxes and inflation. Invested in high-risk startups instead of paying down debt. Focused on illiquid assets, creating cash shortages. Accepted low salary for overvalued equity, resulted in no wealth. Maintained a high lifestyle, maxing out credit cards. Invested poorly during market highs and sold during lows. Cashed out mutual funds early, losing compounding gains. Dismissed spouse's investments that were actually beneficial.
Ten Key Lessons	Consider tax-adjusted returns. Account for inflation. Allow time for compounding. Maintain liquidity with cash-accessible assets. Be patient with cash investments. Live frugally in your 20s. Borrow for appreciating assets. Diversify knowledge of asset classes. Double down on successful investments. Resist short-term impatience.
Money Myths Debunked	Money isn't inherently evil; attachment can cause problems. Many wealthy people are moral and respectful. Investing is crucial for growing wealth. Jewellery may not be a smart investment. Buying a house early can limit options.

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Section	Summary
	<p>Not all expensive purchases are assets. Relying on loans indicates financial weakness. Salary isn't the sole determinant of wealth; assets count. Education is helpful, but self-made paths matter. True support means creating opportunities, not just giving money.</p>
Reflection on Financial Education	Financial literacy should start young to avoid common pitfalls; learn from others' experiences.
Recommended Resources	<p>Books: "Rich Dad Poor Dad", "Psychology of Money", "Intelligent Investor". People: Ruchi (wife), Naval Ravikant, Morgan Housel for insights.</p>
Final Thought	Respecting and managing money can lead to freedom and financial independence.

Lessons on Money and Mistakes to Avoid

Understanding Money's Role

- Money can either be a goal or a means to achieve freedom.
- A healthy relationship with money involves respecting it rather than dismissing it.

My Money Mistakes

1.

Loans for Real Estate

: Took loans without factoring in taxes and inflation, leading

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to debt accumulation.

2.

Investing in Startups

: Chose to invest excess cash into risky startups instead of reducing debt.

3.

Illiquid Assets

: Focused on illiquid assets like real estate, which left me cash-strapped during tough times.

4.

Low Salary, High Equity

: Accepted a lower salary while overvaluing equity, resulting in no wealth when plans failed.

5.

Lifestyle Inflation

: Maintained a high lifestyle with maxed credit cards instead of reducing expenses.

6.

Market Timing

: Invested in stocks during highs and sold in panic during lows, missing out on long-term gains.

7.

Breaking Investments

: Cashed out mutual funds prematurely, losing out on

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potential compounding gains.

8.

Dismissing Spousal Investments

: Undermined my wife's investments, which ultimately saved us from financial trouble.

Ten Key Lessons

1. Always consider tax-adjusted returns.
2. Accounting for inflation is crucial.
3. Allow time for compounding to work effectively.
4. Maintain liquidity by investing in cash-accessible assets.
5. Be patient with excess cash; wait for the right opportunities.
6. Live frugally in your 20s to build wealth through investing.
7. Borrow only for appreciating assets, like education or a home.
8. Diversify your knowledge across all asset classes.
9. Focus on doubling down on successes instead of spreading investments thin.
10. Allow compounding to take place over time and resist short-term impatience.

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Money Myths Debunked

1. Money isn't inherently evil; it's our attachment to it that can lead to problems.
2. Not all rich people are immoral; many treat money and people with respect.
3. Saving is important, but investing is crucial for growing wealth.
4. Jewellery isn't necessarily a smart investment.
5. Buying a house early can limit future options.
6. Not all costly purchases are true assets.
7. Relying on loans can signify financial weakness.
8. Wealth isn't determined solely by salary; assets matter more.
9. Education is beneficial, but many wealthy individuals carve their own paths.
10. True assistance involves creating opportunities, not just giving money.

Reflection on Financial Education

- Financial literacy should be ingrained from a young age to avoid falling into common traps.

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- Learning from mistakes and the experiences of others is crucial to developing a sound understanding of money management.

Recommended Resources

-

Books

: "Rich Dad Poor Dad", "Psychology of Money", "Intelligent Investor".

-

People

: Ruchi (wife), Naval Ravikant, Morgan Housel, for invaluable insights into money management.

Final Thought

Understanding how to respect and manage money can lead to true freedom and financial independence.

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Critical Thinking

Key Point: Understanding money's dual role is vital.

Critical Interpretation: The author emphasizes that money should not merely be perceived as a goal but as a tool that facilitates freedom. However, this perspective is worth scrutinizing. While aiming for financial independence is laudable, equating freedom directly with monetary wealth can perpetuate a narrow definition of success. One might argue, as pointed out by Robert Kiyosaki in 'Rich Dad Poor Dad' and Morgan Housel in 'Psychology of Money', that true freedom often lies beyond financial metrics, encompassing emotional well-being and relationships. It is essential for readers to critically assess that an exclusive focus on wealth may detract from more holistic aspects of life.

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Part 6 Summary : RELATIONSHIPS

Reflection on Relationships

Importance of Relationships

- Relationships are where we thrive but also where we face challenges.
- Interpersonal issues are fundamental problems in our lives.
- A strong relationship with oneself is crucial.

Self-Reflection Questions

- Would you be friends with yourself?
- Are you living with flaws that you wouldn't tolerate in others?
- Change starts from within; the change we seek in others must begin with ourselves.

Healing from Past Relationships

- Healing is essential and cannot be neglected.

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- Holding grudges consumes energy and time.
- Miscommunication is at the heart of relational problems.

Value of Communication

- Communication is vital for resolving issues.
- Authentic gratitude has a greater impact than simply saying "thank you."
- Teaching others reinforces learning.

Kindness and Empathy

- Being kind is important, irrespective of others' responses.
- Empathy is an innate quality; it cannot be taught.
- Respect emerges from genuine understanding rather than mere sympathy.

Understanding People

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I've learned. Highly recommend!

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Best Quotes from Do Epic Shit by Ankur Warikoo with Page Numbers

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Part 1 | Quotes From Pages 8-44

1. My relationship with success has been driven largely by my relationship with multiple failures.
2. A year from now, you will wish you had started today.
3. How we think of our problems is how the world will think of our problems.
4. You are what you do. Not what you say you'll do.
5. Luck happens to those that make things happen.
6. If you don't ask, the answer is always no.
7. The pro is the amateur who simply showed up every day.
8. Everyone has a different definition of success.
9. Treating our lifestyle standards as a measure of our success is a sign of failure.
10. The scars that you wear on your body. Don't regret them. Don't hate them. Don't reject them. They are signs of a battle you fought.

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Part 2 | Quotes From Pages 45-63

1. Instead, habits have come to help me in the smallest to biggest things in life... Habits build us, goals lay us barren.
2. Waking up early fizzles out, sleeping on time is what flourishes.
3. Your story is valuable... You have a moral responsibility to share.
4. Targets are the enemy of habits. Don't set targets. Set habits!
5. You can never minimize your struggle. It will only suppress your emotions. However, you can always figure out what it means.
6. The best form of writing is the one that is written neither out of fear nor with the willingness to share.
7. You become like the people you spend your time with – online and offline.
8. Comfort is a destination. Trying more is a path.
9. No step is small, as long as it is headed in the direction of

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where we want to go.

10. Without action, they are simply broken promises.

Part 3 | Quotes From Pages 64-89

1. 'Make sure decisions in your life are made from a point of view of awareness and not ignorance.'

2. The things that are the most important and the least practised, are the things that are said.

3. Decisions are not for decoding destinations. Decisions are for deciphering the path you want to demonstrate next.

4. Emotional debt has killed more people than financial debt ever will.

5. If unsure between two choices, picking both is almost always the wrong response.

6. Your self-talk determines your self-worth.

7. Movement brings momentum. Stagnation amplifies sadness.

8. You will get what you seek. Not what you desire.

9. Don't confuse calmness with a lack of fire.

10. The real problem was never the real problem. The real

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problem was the compound interest of complaining.

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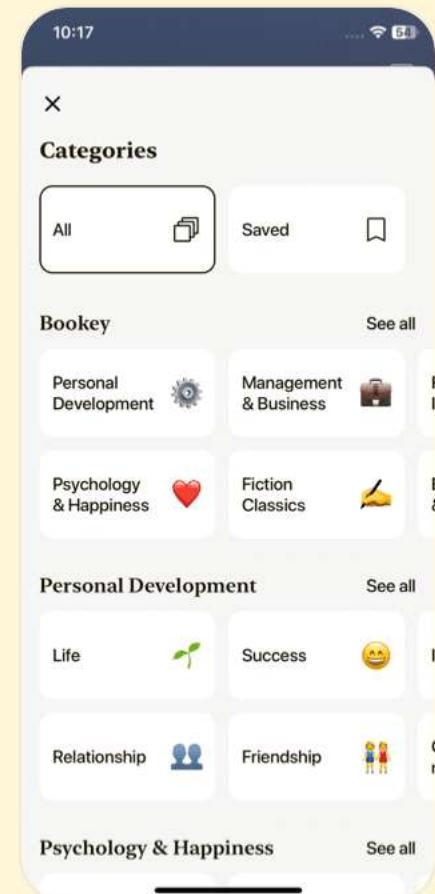
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Part 4 | Quotes From Pages 90-103

1. Entrepreneurship is f**king hard.
2. Telling someone they are wrong is never going to convince the person.
3. Entrepreneurship is not a profession. It's a state of mind.
4. Your work is not only your work. It is the measure of how much trust your manager places in you.
5. Show people who they can be, instead of telling them who they shouldn't be.
6. The hardest moment while building a startup is when you let down your team.
7. The real game is to have conversations with every team member.
8. The best leader allows their team to execute in their absence.
9. When people are trusted, especially in a trust-deficient context, you get more out of them.

Part 5 | Quotes From Pages 104-118

1. Money buys freedom.

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2. For an entire decade I took lower-than-market salary, overindexing on equity.
3. The biggest lesson that I have learnt about money is that it buys you freedom.
4. Allow compounding to happen. It takes time. Decades.
5. Running after money gives you freedom, but the minute we run after money, we are not free anymore.

Part 6 | Quotes From Pages 119-141

1. Would you be friends with your own self?
2. The change we want in others is the change we need to begin with.
3. When we hold a grudge against someone, we do the same thing they did to us: hurt us.
4. We don't have to agree with each other as long as we understand each other.
5. Your parents are first humans. Then parents. Which means they too can be wrong.
6. We cannot care about anyone unless we care about ourselves.

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7. People who are truly pierced within are rarely seen having inner peace.

8. The inner world drives the outer. Period.

9. Kindness is always the right thing to do. Not for anyone's validation, for your own.

10. We all accept the love we think we deserve.

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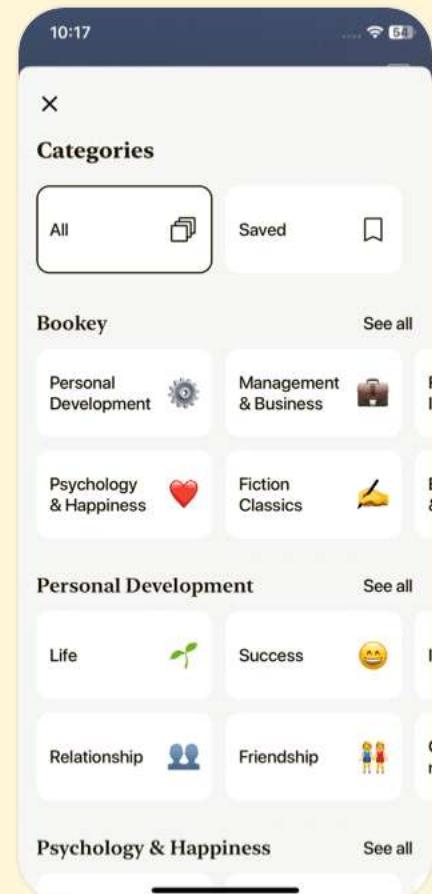
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Do Epic Shit Questions

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Part 1 | SUCCESS (AND FAILURE)| Q&A

1. Question

What is the role of failures in achieving success?

Answer: Failures are not just obstacles; they are vital lessons that shape our journey. They often provide insights and reflections that enable us to inch closer to success, sometimes at unexpected moments.

2. Question

How can one define personal success?

Answer: Success is a personal relationship you have with yourself. It means staying true to your own values and goals, instead of adhering to societal standards.

3. Question

What is the significance of starting today?

Answer: Starting today is crucial because time does not wait. Delaying action often leads to regret. It's essential to take the

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first step towards your goals rather than postpone them.

4.Question

What mindset should we adopt towards problems?

Answer: How we perceive our problems dictates our experiences. Instead of amplifying negativity, embracing happiness despite them can foster a more positive outlook and garner support from others.

5.Question

What does it mean to be true to oneself?

Answer: Being true to oneself involves checking in with what you really want and aligning your actions accordingly, rather than conforming to external expectations.

6.Question

What are the keys to consistent content creation?

Answer: Consistency stems from authenticity. When you create content that reflects your true self regularly, you find joy in the process, making hard work feel effortless.

7.Question

How should we view our relationships with time, money, and ourselves?

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Answer: These three relationships define much of our experiences. Understanding and nurturing them allows us to live authentically and prioritizes what truly matters.

8. Question

What role does luck play in success?

Answer: Luck often appears when hard work meets opportunity. It is not mere good fortune but the culmination of persistence and the right actions at the right times.

9. Question

What should be the focus during the journey towards success?

Answer: The journey is about personal growth and transformation rather than just the outcomes of success or failure. What you learn and who you become is what truly matters.

10. Question

What does it mean to acknowledge and embrace your scars?

Answer: Scars are reminders of battles fought and lessons learned. They tell your unique story and indicate growth.

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Instead of hiding them, embrace them as a part of who you are.

11. Question

How can one avoid the trap of external validation?

Answer: Your happiness should not depend on external applause or acceptance. Center yourself around your own choices and satisfaction to live a more authentic life.

12. Question

Why is curiosity important, and how should we nurture it?

Answer: Curiosity fuels lifelong learning. It is essential to challenge societal constraints that discourage questioning.

Embrace your innate curiosity as it is a gateway to understanding and growth.

13. Question

What is the ultimate lesson from mistakes made in professional life?

Answer: Mistakes are invaluable teaching moments.

Reflecting on them grants you insights into your values and priorities, shaping a clearer path to your goals.

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14.Question

What drives your passion, and how is it cultivated?

Answer: Passion is not innate; it must be nurtured through daily commitment and perseverance. It's about showing up and dedicating time to the things that ignite a fire in you.

15.Question

How should one approach mentorship?

Answer: Seek multiple mentors who can offer diverse perspectives. Choose those who are closely aligned with your current stage in life, as they can provide more relatable and actionable guidance.

16.Question

What common mistake should we avoid when setting expectations of ourselves?

Answer: Don't assume everyone's journey or definition of success is the same as yours. Everyone has different timelines and motivations; focus on your own path.

17.Question

In what ways should we redefine our achievements and failures?

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Answer: Shift your perspective to see both success and failure as processes of learning and personal growth. What truly matters is not just the outcome but the journey itself.

Part 2 | HABITS| Q&A

1. Question

Why should I focus on habits instead of setting goals?

Answer: Focusing on habits helps you become the kind of person you want to be, rather than just reaching a destination. While goals may lead to a temporary sense of achievement, habits cultivate ongoing growth and open multiple opportunities in life.

2. Question

What is the secret to waking up early?

Answer: The secret to waking up early isn't just setting an alarm; it's about going to bed on time. A good night's sleep energizes you for a productive and happy morning.

3. Question

Why is it important to document and share your journey?

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Answer: Documenting your journey allows you to reflect on your experiences and inspires others who may be going through similar situations. Your story can serve as a guide for someone else, highlighting the value in sharing even when you feel insignificant.

4. Question

How can curiosity impact my life opportunities?

Answer: Curiosity can create more opportunities than hard work itself. It encourages you to ask questions that lead to solutions and deeper understanding, thus networking and learning in unexpected ways.

5. Question

What should I prioritize – learning or salary?

Answer: Prioritize learning and growth over salary. Choosing opportunities that offer progress and development will lead to long-term job satisfaction and stability.

6. Question

How can I ensure my presence is meaningful?

Answer: The quality of your presence is more important than

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just being physically there. Being fully engaged and enjoying your time shows true interest and discipline.

7. Question

What should I do when I feel uncomfortable with my struggles?

Answer: Instead of suppressing your struggles, try to find meaning in them. Look at what your emotions tell you and seek to understand the lessons they offer, transforming struggle into growth.

8. Question

How can habits change my life?

Answer: Daily habits compound over time and can lead to significant change in your life. Small, consistent actions create a foundation for growth and success, leading to genuine progress.

9. Question

Is writing important for self-expression?

Answer: Yes! Writing serves as a powerful tool for self-expression and mental clarity. It allows you to process your thoughts and emotions healthily, rather than bottling

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them up.

10. Question

What does true listening involve?

Answer: True listening goes beyond nodding or waiting to respond. It requires being fully engaged, setting aside your thoughts, and genuinely attempting to understand the other person's perspective.

11. Question

How can I optimize my daily routine for better productivity?

Answer: Focus on creating a structured daily routine that includes intentional self-care and personal time. Small, consistent habits can lead to significant improvements in productivity and overall well-being.

12. Question

What role does environment play in productivity?

Answer: The environment significantly influences productivity. By creating a conducive workspace with minimal distractions, you can enhance your focus and efficiency in your tasks.

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13.Question

What is the importance of sensory hooks in building productive habits?

Answer:Sensory hooks trigger positive behavioral responses, helping you associate certain actions with specific stimuli.

For example, placing weights by your bed can encourage you to work out first thing in the morning.

14.Question

How do I measure progress in my daily life?

Answer:Establish benchmarks for small daily improvements and celebrate them. Progress can be as simple as maintaining consistency in habits or achieving mini-goals that align with your broader aspirations.

Part 3 | Awareness| Q&A

1.Question

What is the best advice for making decisions in life?

Answer:Make decisions from a place of awareness rather than ignorance. It's crucial to explore your options and understand the implications of your choices before acting, as this leads to better

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outcomes and less regret.

2.Question

Why is awareness important in life choices?

Answer: Awareness allows you to understand the various paths available to you. Decisions should be based on what you know and feel, rather than assumptions or societal expectations.

3.Question

What does it mean to live authentically?

Answer: Living authentically means being true to yourself and your values. It involves making decisions based on your desires and beliefs rather than seeking approval from others.

4.Question

How does emotional debt manifest in our lives?

Answer: Emotional debt accumulates when we neglect to express love, gratitude, or make amends. This unresolved emotional baggage can weigh heavily on our lives and prevent us from achieving happiness.

5.Question

How should we approach fear and procrastination?

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Answer: Acknowledge that procrastination often stems from fear, whether it's fear of failure or success. The key is to confront that fear head-on and take action despite it.

6. Question

What is the importance of calmness in adversity?

Answer: Being calm is a powerful skill, especially in challenging situations. It allows you to respond thoughtfully instead of reacting impulsively, helping you manage difficulties more effectively.

7. Question

How can we learn from our decisions?

Answer: Most decisions in life are reversible, so view them as opportunities for growth rather than final destinations. If something doesn't work out, you can always pivot and learn from the experience.

8. Question

What is the real impact of comparisons with others?

Answer: Comparing ourselves to others is a fruitless endeavor that undermines our self-worth. Instead, we should focus on

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our own growth, reflecting on who we were yesterday.

9.Question

How important is to seek happiness over societal validation?

Answer:Happiness should be the primary pursuit in life, as it leads to a more fulfilling existence. Seeking external validation often results in discontent and disconnect from true self.

10.Question

What is the significance of prioritization?

Answer:Prioritizing what truly matters allows us to focus on our goals and aspirations instead of getting lost in distractions or succumbing to procrastination. Recognizing what is important ensures we are making the best use of our time.

11.Question

How does self-talk affect our self-perception?

Answer:Self-talk plays a crucial role in shaping our self-worth. Negative self-talk can perpetuate feelings of inadequacy, while positive affirmations can empower us to

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pursue our goals.

12. Question

What are the benefits of being specific when asking for help?

Answer: Being specific about the help you need makes it easier for others to understand how they can assist you. This clarity increases your chances of receiving the support you require.

13. Question

What is the difference between seeking and desiring?

Answer: What you seek fervently is usually what will manifest in your life. In contrast, desires may be fleeting or superficial. Focusing on deep, meaningful pursuits leads to genuine fulfillment.

14. Question

Why is gratitude more valuable than entitlement?

Answer: Gratitude fosters appreciation for what you have and the opportunities you're given, while entitlement breeds complacency and a lack of acknowledgment for the hardships others face.

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15.Question

What should we do if we feel stuck in our lives?

Answer:Recognize that change is possible and that you have choices. Understanding that you're not trapped but merely hesitant allows you to take steps towards a more fulfilling life.

16.Question

How can we derive lessons from others' experiences?

Answer:Reading books, sharing stories, and reflecting on lessons learned by others can help us avoid common mistakes and accelerate our learning, saving time and effort in our own journeys.

17.Question

What is a liberating mindset regarding future plans?

Answer:Being okay with not having a strict plan for the future brings freedom and peace. It allows us to remain open to opportunities and changes without the fear of being lost.

18.Question

How does joy influence our life choices?

Answer:Joy is a powerful motivator. When you engage in

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activities that bring you happiness, you are more likely to be productive, creative, and successful, as those are rooted in authenticity.

19. Question

What strategies can assist in decision-making during tough times?

Answer: One effective model is to assess the worst possible outcome of a decision, envision it clearly, and then evaluate if you'll be okay afterward. This mental exercise can alleviate fears and clarify your options.

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Part 4 | ENTREPRENEURSHIP| Q&A

1.Question

What is the significance of showing up every day as a founder?

Answer:As a founder, showing up every single day is crucial because it reflects your commitment and determination. Regardless of the challenges—be it personal feelings, startup struggles, or negative external perceptions—it's your presence and effort that drives the team and the business forward. The reality is, no one is going to do it for you; your active participation sets the tone for your company culture and inspires your team.

2.Question

How does intent contribute to success in entrepreneurship?

Answer:Intent is often more significant than capability in entrepreneurship. Many individuals possess the talent necessary to succeed, but it is their intent—whether they like

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their leader, feel driven, or genuinely care about the work—that influences their performance. When people bring their intent to the table, they surprise themselves with what they can achieve, highlighting that motivation is key to unlocking potential.

3.Question

What role does empathy play in building a successful team?

Answer: Empathy forms the backbone of a successful team. It involves understanding team members' perspectives and being patient as they grow. The best leaders balance empathy with the necessary authority, ensuring that while team members feel heard and supported, they are also guided towards achieving collective goals. This understanding fosters an environment where team members feel valued, ultimately leading to better performance.

4.Question

Why is it important for an entrepreneur to manage their mental state during tough times?

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Answer: Managing one's mental state during challenging times is essential in entrepreneurship because it not only influences personal well-being but also affects the team's morale. A founder's ability to remain calm and supportive, even amidst chaos, demonstrates their leadership strength. This resilience helps maintain the momentum needed to navigate through difficulties and keeps the team focused and inspired.

5. Question

What is the impact of trust on a team dynamic?

Answer: Trust can significantly enhance team dynamics and performance. When leaders extend trust to their team from the beginning, it empowers individuals to take ownership of their responsibilities. This environment of trust encourages accountability and fosters a culture where people feel valued, often leading to improved results and unexpected contributions from team members.

6. Question

What should be the primary motivation for becoming an

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entrepreneur?

Answer: The primary motivation for becoming an entrepreneur should stem from internal drive and a genuine curiosity to solve problems. External motivations like making money or dissatisfaction with a current job can lead to burnout and disillusionment. True entrepreneurial joy comes from a passion for creating solutions and an acceptance of both the potential for success and the reality of failure.

7. Question

How can a leader demonstrate their effectiveness in the workplace?

Answer: A leader's effectiveness is demonstrated through their ability to empower others. Great leaders make themselves dispensable in their tasks while remaining irreplaceable in their vision and thought leadership. This means developing a team capable of executing well in their absence while continuously instilling enthusiasm for the shared mission and values.

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8.Question

What is the best approach to providing feedback in the workplace?

Answer: The best feedback is timely, candid, and constructive. It should occur frequently—ideally in real-time or at least fortnightly—so employees know where they stand and can act on it immediately. Employees should receive feedback not as a surprise at year-end evaluations, but as part of an ongoing dialogue that supports their growth and development.

9.Question

What separates successful entrepreneurs from those who struggle?

Answer: Successful entrepreneurs often distinguish themselves by their internal motivations, handling of challenges, and how they foster a culture of trust and appreciation within their teams. They understand that entrepreneurship is less about the idea and more about the execution and approach. By remaining adaptable, motivated

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by solving meaningful problems rather than external factors, they are more likely to thrive and cultivate successful organizations.

Part 5 | MONEY| Q&A

1. Question

What lesson about money did Ankur Warikoo learn from his father?

Answer: Ankur learned from his father that growing up without money can lead someone to either chase money obsessively or to rise above its influence.

While money is important as it buys freedom, he emphasized that the continuous pursuit of money can hinder the meaningful aspects of life.

2. Question

What are some common mistakes people make with money according to Warikoo?

Answer: Warikoo outlined several mistakes including: taking loans for appreciating assets without factoring in taxes and inflation; investing in illiquid assets while neglecting liquid

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ones; undervaluing time and spending efforts only on easily measurable savings; and believing that income is capped rather than focusing on increasing earnings.

3.Question

How should one approach investing according to the lessons shared?

Answer: Investing should be approached with patience. One should invest regularly regardless of market conditions, avoid making impulsive decisions based on fears of market dynamics, and ensure to invest in a way to maintain liquidity for urgent needs.

4.Question

What does Warikoo suggest about the importance of time in financial growth?

Answer: Time is crucial for compounding growth. It takes patience to see significant financial changes, and one should allow investments time to grow rather than expecting immediate results.

5.Question

What is the significance of the quote 'No one wants to get

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'rich slowly' in the context of Warikoo's message?

Answer: This quote by Warren Buffet highlights a common desire for fast wealth accumulation, but Warikoo counters it by explaining that true wealth often requires time and patience, emphasizing the importance of sustainable growth over rapid gains.

6. Question

What are Warikoo's views about loans and how should they be used?

Answer: Loans should be taken judiciously, primarily for things that appreciate in value such as education or a single house. He warns against over-leverage and using loans for non-essential desires that can lead to financial strain.

7. Question

Why does Warikoo believe it's important to not compare your financial situation to others?

Answer: He believes comparing financial situations is unhelpful as money is an outcome of the choices made in life. It's more constructive to analyze the decisions of others

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rather than their financial status.

8.Question

What insight does Warikoo provide about opportunities versus money in helping others?

Answer: Instead of just giving money to the needy, creating opportunities for them is more impactful. This approach fosters self-sufficiency and empowers individuals instead of merely providing temporary relief.

9.Question

What should one prioritize in their 20s regarding spending and investing?

Answer: In their 20s, individuals should prioritize living frugally, paying essential bills, and investing early. They should avoid unnecessary loans for desires and focus on building a strong financial foundation.

10.Question

What impact did Warikoo's family's beliefs about money have on his journey?

Answer: His family's beliefs, rooted in misconceptions about money, led him to make numerous mistakes. It was only

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through personal experiences and reflections that he could unravel these lies and redefine his financial understanding.

Part 6 | RELATIONSHIPS| Q&A

1. Question

Would you be friends with your own self?

Answer: Building a strong relationship with yourself is essential for overall happiness. If you can't enjoy your own company, how can you expect others to?

2. Question

Would you marry yourself?

Answer: This question challenges you to reflect on your own self-worth and the qualities you possess that deserve love and commitment.

3. Question

What version of you would you rather not be?

Answer: Identifying the aspects of yourself that you dislike is the first step towards meaningful change. Embrace growth.

4. Question

Why do you still continue being that version?

Answer: This introspection reveals the barriers you've set

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against your own growth, reminding you that comfort zones can be detrimental.

5. Question

What's stopping you from making the bold choice?

Answer: Fear of the unknown often paralyzes our ability to heal and grow. Recognize and confront this fear.

6. Question

How does carrying a grudge hurt you?

Answer: Holding onto a grudge does not harm the person who hurt you; it harms you by consuming your mental and emotional energy.

7. Question

What role does communication play in relationships?

Answer: Communication transforms miscommunications from distant obstacles into actionable conversations that can strengthen bonds.

8. Question

Why should kindness be unconditional?

Answer: True kindness nurtures your character and authenticity, regardless of whether it's reciprocated. It's a

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personal mission, not a transaction.

9. Question

How do empathy and sympathy differ?

Answer: Empathy involves understanding and sharing feelings with others, while sympathy is merely feeling pity for someone else's situation.

10. Question

How can we encourage honesty in others?

Answer: By appreciating vulnerability and truth in others, we foster an environment where they feel safe to express themselves honestly.

11. Question

What should you consider before engaging in arguments?

Answer: Sometimes silence is the most powerful resolution.

Choose your battles wisely to preserve your peace.

12. Question

What does respect come from?

Answer: Respect is earned through actions, integrity, and conduct, not titles. Your actions define your character.

13. Question

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How should you approach relationships where you feel drained?

Answer: Avoid relationships that take more than they give.

Emotional health is just as vital as physical health.

14. Question

What lessons can influence your future as a parent?

Answer: Reflecting on your upbringing can guide how you nurture your children, teaching them to appreciate love, kindness, and personal growth.

15. Question

What is the significance of knowing your privilege?

Answer: Acknowledging your privilege allows you to be grateful and responsible with the advantages you've been provided.

16. Question

How can you define success for yourself?

Answer: Success is a personal journey. Define it by your own metrics, not societal expectations, to live authentically.

17. Question

What does it mean to be truly happy for someone else's

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success?

Answer: True friendships are marked by the ability to celebrate others' achievements without envy. Strive to be that friend.

18. Question

What can you learn from your parents' experiences?

Answer: Their stories of resilience, patience, and hard work can instill values that guide you towards making your own mark in life.

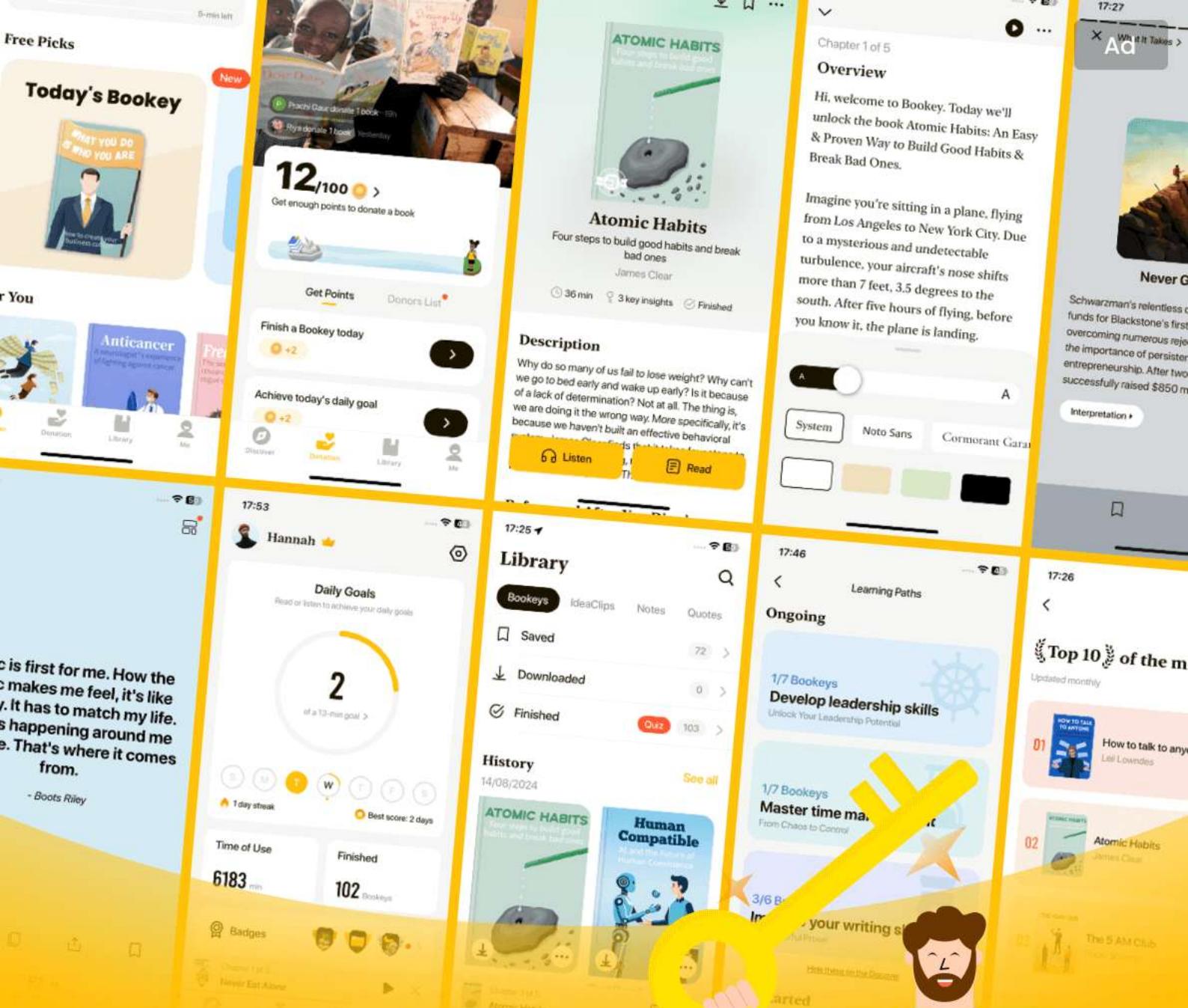
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Do Epic Shit Quiz and Test

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Part 1 | SUCCESS (AND FAILURE)| Quiz and Test

1. The author believes that success is a one-size-fits-all prescription.
2. Achievement is about exceeding one's own expectations according to Ankur Warikoo.
3. The author argues that actions matter less than intentions.

Part 2 | HABITS| Quiz and Test

1. The author believes that focusing on goals is more effective than focusing on habits for personal development.
2. Waking up early is beneficial, but only if one goes to bed on time and is well-rested.
3. Writing should primarily be done for the sake of receiving approval from others.

Part 3 | Awareness| Quiz and Test

1. Making decisions should stem from ignorance rather than awareness.

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2. True fulfillment comes from prioritizing oneself and being authentic.

3. Procrastination is often fueled by laziness rather than fear.

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Atomic Habits
Four steps to build good habits and break bad ones
James Clear
🕒 36 min ⚡ 3 key insights ✅ Finished

Description

Why do so many of us fail to lose weight? Why can't we go to bed early and wake up early? Is it because of a lack of determination? Not at all. The thing is, we are doing it the wrong way. More specifically, it's because we haven't built an effective behavioral pattern. James Clear finds that it takes four steps to...

6 Listen 11 Read 1 Th...

10:16 X 1 of 5

Habit building requires four steps: cue, craving, response, and reward are the pillars of every habit.

False **True**

10:16 X 5 of 5

The Two-Minute Rule is a quick way to end procrastination, but it only works for two minutes and does little to build long-term habits.

False

Correct Answer

Once you've learned to care for the seed of every habit, the first two minutes are just the initiation of formal matters. Over time, you'll forget the two-minute time limit and get better at building the habit.

Continue

Part 4 | ENTREPRENEURSHIP| Quiz and Test

1. Ankur Warikoo believes that success in entrepreneurship primarily comes from successes rather than failures.
2. Trust is an important factor in leadership according to Ankur Warikoo.
3. According to the summary, customers are more concerned with founders' backgrounds than the solutions they provide.

Part 5 | MONEY| Quiz and Test

1. Money can be considered solely a goal and not a means to achieve freedom.
2. Investing in illiquid assets can lead to cash flow issues during tough financial times.
3. It is always advisable to accept a lower salary in exchange for high equity in order to become wealthy.

Part 6 | RELATIONSHIPS| Quiz and Test

1. Relationships are where we thrive but also where we face challenges.
2. Empathy is an innate quality; it cannot be taught.

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3. Surrounding yourself with those who encourage self-growth is important.

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1 of 5

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5 of 5

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