

**Before Age 35, set
aside 15 minutes a
day to learn these
skills, that are hard to
learn but will pay off
forever...**

Public speaking

Public speaking is a skill, and it is an asset that will last for years.

You may feel uncomfortable doing it because it is a skill that can't be learned in a day.

With persistence and consistency, you will become perfect in it, and it will pay off in the future.



Managing your time

Being busy doesn't mean effective!

We are busier than any other generation in the last 300–400 years.

Challenge your schedule and ask yourself if you are effective - **are you mostly focusing on the things you "have" to do or the things you're "created" to do?**

Having empathy

You can be the most disciplined, brilliant, and even wealthy individual in the world, but if you don't care for or empathize with other people, then you are basically nothing but a sociopath.

4 Positive self talk

It doesn't matter what others think of you, but what you think of yourself certainly does.

It takes time to build that level of confidence and ability to believe in yourself when nobody else does.

Being honest with yourself

Whatever you are doing,
you must be brutally honest with
yourself, especially in business.

Always know that you compete with
no one; run your own race.

**Know what you know and also be
aware of what you do not know.
Just focus on being good at what
you do.**

6 Stop whining

We must learn to stop whining about what will happen, what will never happen, what we have and do not have, and what somebody did or didn't do.

**Practice a life of no whining,
no criticizing, and no complaining.**

7 Focus on the present moment

Being in the present moment is where you will have the greatest control, where you will feel the most at ease, and where happiness flourishes.

There is a super tight connection between happiness and the ability to live in the present moment.

Staying present is the soil of having your mind in the moment, not in the past, not in the future, but right here.



Being consistent

Life is a journey. Success is not a one-time action but a continuous process. There is no time to mourn over your failures because this wastes time, but just pick yourself up and keep moving on.

**Success is not a destination,
but a process of consistency
of journey.**