



**IF YOU DON'T  
WANT TO BE  
AVERAGE, BUILD  
THESE 7 HABITS:**


## **1) Get into deep work**

Your focus is a **currency**.

How you spend it is your biggest investment.

- 1. Block off** a few hours
- 2. Focus** on 1 thing
- 3. Remove** distractions

This'll get you ahead of 90% of people.



## 2) **Optimize your time**

Your time is your most **powerful asset**.

Create systems to save it:

- Task delegation
- Email automation
- Logic based frameworks

You can use Zapier to do 90% of this.

### **3) Look at things diagnostically**

Instead of focusing on the **negative**, ask yourself:

What am I in **control** of?

What can I **do better**?

How can I **improve things**?

**A problem-solving mindset** will help you move past roadblocks much faster.

#### **4) Be resourceful**

Ignorance is a choice in the Internet age.

Need an answer? **Google it.**

Got a question? **Send a Twitter DM.**

Don't know how to do something? **YouTube it.**

The solutions to your problems are at **your fingertips.**

## 5) **Create a high value network**

Evolution designed humans to get along with each other for survival.

Which means you'll adopt the **traits, habits, and mindsets** of those around you.

Reduce time with people who **hold you back**. Increase time with those who can **pull you forward**.

## 6) Take care of yourself

Hustle culture told us the path to success involved **all work and no rest**.

But that's the path to **burnout, mediocrity, and regret**.

Take care of your body with **exercise**.  
Take care of your mind with **sleep**.  
Take care of your spirit with **meditation**.

## 7) **Read quality books**

Books have a high ROI.

You get **decades of knowledge** condensed in a **few hours of reading**.

The time, money, and mistakes you save yourself are well worth the investment.

Make it a **daily habit** and you'll get **yearly returns**.