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Published in TL;DR,W,L



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Nov 28 · 1 min read · Listen



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Summary of “6 Tips From Experts...”

YouTube channel: ‘Impact Theory’ by Tom Bilyeu

Original Source

“6 Tips From Experts on How to Reach Your Full Potential in the New Year” | Impact Theory ([YouTube](#), 31 minutes)

Jottings

- **Theme:** How to reach full potential
- **Brendon Burchard:** Evaluate => did I live-love-matter? Have super intentional life.
- **Trevor Moawad:** Cant force positive thinking but surely can stop negative thinking by speaking them (loud).
- **Annaka Harris:** Illusions => conscious will and being a self. Decision gets made and we come to know at last!!
- **Jacko Willink:** Rather than handing over the solution ask questions if someone says its impossible.
- **Jay Shetty:** Job crafting. Put your meaning-passion into every task, job.
- **Les Brown:** You gotta be hungry. Be ‘You’. Find way to win.
 - Change mindset — you dont get in life what you want but what you are,





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The above summary was also posted in the Comments section of the original Youtube video.

