

10 universal skills that are hard to learn, but will pay off forever:

**1. Ability to Adapt, Improvise and Overcome Obstacles:**

- a. Life is not fair
  - i. It's complex
  - ii. Your dedication to keep moving is what allows you to win.
- b. During tough times:
  - i. Change your attitude
  - ii. Seek alternative routes
  - iii. Get creative
  - iv. Overcome what life throws at you.

**2. Ability to Sell and Negotiate:**

- a. Everything you do is a sale or a negotiation process.
- b. If you want a job, then you need to be able to sell your skillset over that of other hires.
- c. Selling can be taught and it will prove to be highly useful to have under your belt.

**3. Public Speaking:**

- a. Public speaking is a skill and an asset that will last for years.
- b. You may feel uncomfortable doing it in the beginning.
- c. But with persistence and consistency, you will become perfect in it, and it will pay off in the future.

**4. Having a backbone:**

- a. People treat you the way you treat yourself, not the way you treat others.
- b. Do you know what you stand for?
- c. Do you know who you are as a person?
- d. Once you do, you can start acting accordingly.
- e. You will stand your ground.
- f. You will not let others walk all over you.

**5. Being honest with yourself:**

- a. Whatever you are doing, you must be brutally honest with yourself.
- b. Focus on being good at what you do and strive to better yourself daily.

**6. Being consistent:**

- a. Success is not a one-time action but a continuous process.
- b. There is no time to mourn over your failures as it wastes time.
- c. Just pick yourself up and keep moving on.

**7. Positive Self-talk:**

- a. It doesn't matter what others think of you, but what you think of yourself certainly does.
- b. To upgrade your mindset, change your negative self-talk to an empowerment speech.

**8. Time Management:**

- a. Some people use their time efficiently, while others choose to waste it.
- b. The first person will live a great life while the other one will get angry at God for making life unfair.
- c. Every day you vote with your time of how you wish your life to be.

**9. Discipline:**

- a. Your life can be dramatically improved for the better if you get better at discipline.
- b. No matter how small of a step you make every day, give it enough time and you will reach your destination.

**10. Meditation:**

- a. This is one of the most premium skills anyone can have in their arsenal.
- b. Over 80% of successful people have a form of daily meditation practice in their lives.
- c. Everybody else ignores this as they have no idea how to do it and how valuable it actually is.