

7 Lessons Everyone Needs to Learn

1. Keep your circle small.

- a. You are the result of the five people you spend the most time with.
- b. Be careful of who you allow yourself to be exposed to.
- c. Most people have limited their thinking and would feel much more comfortable if you'd limit yours too.
- d. Do not listen.

2. Trust your gut.

- a. Most people will quit after 3 months of not seeing results.
- b. You must learn to follow things through.
- c. Even if everyone is telling you that you will fail, it is your duty to complete your goal and prove them wrong.

3. Thinking it over is for people who can't take action.

- a. Everyone has ideas.
- b. They are all worthless until you put them into action.
- c. You need to become a person of action.
- d. Speed can be a weapon when used correctly.

4. Embrace failure.

- a. "The master has failed more times than the beginner has ever tried."
- b. This quote by Stephen McCranie speaks volumes about people who think they've tried enough times.

5. Mind over matter.

- a. Your body can be pushed much further than you imagine.
- b. You may be exhausted after running one mile, but your body is capable of running five, ten, or even more miles.
- c. Keep going.

6. Set BIG goals.

- a. Set goals that you cannot achieve in your lifetime, better yet two or three lifetimes.
- b. The larger your goals are, the more you will achieve in the long run.

7. Time is your most valuable asset.

- a. Time is the only true luxury of this world.
- b. Don't waste it on things that don't matter.
- c. You cannot buy more of it when it starts to run out.