

Top 10 Lessons from "How to Own Your Own Mind" by Napoleon Hill

1. Creative Vision

- a. Focus your mind intently on one or a few problems and your subconscious mind will reward you with solutions.
- b. It also trains you to recognize the solution when you see it or come across it.
- c. Persistence and obsessiveness are essential.

2. Purpose

- a. You must have a definite purpose, an obsessive mission, plans to follow, make use of the mastermind principle (learning from other greats), using the power of applied faith.

3. Traits of a mastermind

- a. Recognizes favorable opportunities
- b. Plans every move he makes
- c. Removes limitations from his own mind
- d. Adopts and follows the habit of going the extra mile
- e. Assumes full responsibility for his own deeds

4. Negotiation skills

- a. The ability to negotiate with others with the least amount of friction in order to achieve the greatest amount of friendly cooperation is the most important skill required.
- b. In other words, human relations that benefit both parties.

5. Effort

- a. Those who have a creative vision make their work appear effortless.
- b. They get what they want with the least amount of effort.

6. Organized Thought

- a. Make an effort to provide your mind with as many accurate and foundational facts as possible.
- b. Habit, social heredity, and mimicry all play a significant role.
- c. Be aware of their individual effects on your life and thinking.

7. Emotions

- a. You must train your mind and willpower to be the masters of your emotions.
- b. An emotional mind can't think like a rational mind.

8. Controlled Attention

- a. Controlled attention magnetizes the brain with the nature of one's dominant thoughts, aims, and purposes, causing one to be constantly on the lookout for everything necessary that is related to one's dominant thoughts.

9. Procrastination

- a. You need to stop procrastinating by using the principles of self-discipline, perseverance and definitiveness of purpose.
- b. Remove bad habits from your daily routine and replace them with productive ones.

10. Subconscious

- a. Keep your subconscious mind stimulated.
- b. The mind comes to believe any idea which is repeatedly presented.
- c. Make sure you feed your mind with as accurate and foundational facts as possible.