

KEEP GOING

AUSTIN KLEON



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► *Pay attention to what YOU pay attention to.*

Become aware of what you give your attention to. You become what you pay attention to.

'If you want to change your life, change what you pay attention to.'

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➤ *Worry less about getting things done and more about the worth of what you're doing.*

Don't just do it for the sake of doing it. Put your heart and soul into it. Focus on the impact that you will be creating.

➤ *One day at a time.*

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► *Make a Daily Routine*

Routine is just like a SIP...

It gives you freedom by protecting from the Ups and Downs of life and helping you take advantage of your limited time, energy and talent.

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► *Make lists*

A list gets all your ideas out of your head and clears the mental space so you are actually able to do something about them.

► *No matter how bad it gets, see it through to the end so you can get to tomorrow.*

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► *Unplug yourself for a few minutes daily*

JOMO > FOMO

**Joy of missing out*

**FOMO – you already know*

► *You have everything you need.*

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- *If you are bummed out and hating your work, pick somebody special in your life and make something for them.*

Making gifts puts us in touch with our gifts.

- *Do what you love + low overhead = A good life*

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► *If you can't come up with your own idea:*

1. Identify a popular idea that you despise and would like to destroy.

2. Find an old opposite idea that everyone's forgotten and resurrect it.

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► *Surround yourself with the mess of what you love.*

You don't have to keep your spaces clean and tidy. You just have to keep them ready for when you want to work.

Keep your tools organised and your materials messy.
– John T Unger

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I'll go on until I fall over.

- David Hockney

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