

Habits For Success

- Stay close to **nature**
- **Walk** in nature
- **Meditate**
- **Cook healthy meals**, consuming nutritious and empowering food
- **Exercise**, build muscle, burn fat
- **Sleep** well for 7-9 hours
- Spend time with **friends and family**
- **Read** for knowledge
- Consume **fictional entertainment** (e.g. novels, films, tv shows)
- Listen to **beautiful music** that uplifts and inspires you
- Occasionally **fast**
- Remove distractions and **focus on present task**
- Follow a **purpose** in life, serve others, base actions off of core purpose
- Plan work and tasks out ahead of time, **reflect**, think, and strategize your goals
- Keep living and work area **tidy and clean**
- Have **empathy** for others, seek to help (and not hurt) others, respect others
- Focus on **continuous improvement** (perfect can never be reached)
- **Remove all clutter** in life and work, build upon essentials
- Take breaks in between work, mind-wander, **relax**, take a breath — life isn't going anywhere
- Engage in **hobbies**
- Stay **humorous**, not taking things so seriously, being positive
- **Do work that you love** and have deep connection with
- **Go deep into fields** you're passionate and curious about
- Learn from and aspiring to become those whom **you're inspired by**
- Drink plenty of **water** and fluids throughout the day
- **Shower others with love** and care and support, brighten people's lives
- Craft **beautiful things** with your work and passions
- Dare to be **different**, unconventional, bold, and make something unexplored
- **Be grateful** for what you have and are, and be ambitious for what can be possible
- Have **dreams**, desires, ambitious that thrill and excite to grow and live dream life
- Realize that everybody around you is **special** and has potential to be a star, grow others
- Surround yourself with people that **grow and empower you**, and whom you learn from
- Know how to **build good habits** and break bad ones
- Think like a **scientist**, experiment with new things and observe results to innovate
- **Turn "disadvantages" into springboards** for growth and differentiation
- **Work with the best** and with people who push you to be the best
- **Focus on being effective**, not busy
- Understand the **root cause** behind issues that arise before addressing them
- **Explore new and uncharted territories**, go beyond comfort zones and try exciting new things
- **Limit screen time** and unplug from digital devices in the evenings
- **Be excitement-driven**, not fear-driven. Go big, instead of avoiding low
- Work should be fun, collaborative, exciting. **Don't take it so seriously**
- **Keep moving forward**. Life is an adventure. Each setback is a step closer to success. Have fun
- Remember that it takes a world to raise a child. **Be grateful to those who've shaped your identity**