

Key Takeaways From “The Compound Effect” by Darren Hardy

- Earning success is hard.
- New or more information is not what you need- a new plan of action is.
- It doesn't matter how smart you are or aren't, you need to make up in hard work what you lack in experience, skill, intelligence, or innate ability.
- If you aren't good at something, work harder, work smarter.
- Be the guy who says 'no'. It's no great achievement to go along with the crowd. Be the unusual guy, the extraordinary guy.
- With enough time and consistency, the outcomes become visible.
- Hard work, discipline, and good habits is the secret.
- Keep working for a while, consistently and efficiently, before you can begin to see the payoff.
- Complacency has impacted all great empires because nothing fails like success.
- Real and lasting success requires work.
- We all come into this world the same: naked, scared, and ignorant.
- Everything in your life exists because you first made a choice about something.
- Choices are at the root of every one of your results.
- Each choice starts a behavior that over time becomes a habit.
- You make your choices, and then your choices make you.
- It's the little things in life that will bite you.
- You have to be willing to give 100 percent with zero expectation of receiving anything in return.
- You alone are responsible for what you do, don't do, or how you respond to what's done to you.
- We are all lucky.
- The Getting Lucky Formula: Preparation + Attitude + Opportunity + Action = Luck
- You cannot see what you don't look for and you cannot look for what you don't believe in.
- No matter what has happened to you, take complete responsibility for it.
- The first step towards change is awareness.
- The biggest difference between successful people and unsuccessful people is that successful people are willing to do what unsuccessful people are not.
- ****Keeping a money log for thirty days****
- You cannot manage or improve something until you measure it.
- ****Track one habit for one week****
- Every time you spend a buck today, it's like taking five dollars out of your future pocket.
- Don't wait another day to start the small disciplines that will lead you in the direction of your goals.
- The key is to start now.



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- On a moment-to-moment basis, think that your happiness and your ultimate goal as being warm- how every decision you make in the moment is getting you closer to that ultimate goal.
- Since your outcomes are all a result of your moment-to-moment choices, you have incredible power to change your life by changing those choices.
- We are what we repeatedly do.
- Our need for immediate gratification can turn us into the most reactive, non thinking animals around.
- The problem is that the instant gratification derived from bad ya it's often far outweighs what's going on in your irrational mind concerning long-term consequences.
- A single poor habit, which doesn't look like much in the moment, can ultimately lead you miles off course from the direction of your goals and the life you desire.
- Your choices are only meaningful when you connect them to your desires and dreams
- You've got to want something and know why you want it or you'll end up giving up too easily.
- You must know your why.
- When the reason is big enough, you will be willing to perform almost any how.
- Your core values define both who you are and what you stand for.
- Does this align with my core values?
- People are either motivated by something they want or something they don't want.
- What matters is you feel fully motivated.
- If you are not making the progress that you would like to make and are capable of making, it is simply because your goals are not clearly defined.
- The highest achievers in the world have all succeeded because they mapped out their visions.
- You only see, experience, and get what you look for.
- When you define your goals, you give your brain something new to look for and focus on.
- A goal that is not in writing is merely a fantasy.
- If you want to have more, you have to become more.
- Success is something you attract by the person you become.
- What stands between you and your goal is your behavior.
- ****Make a list of your top 3 goals. Then make a list of the bad habits that might be sabotaging your progress in each area****
- Where do I need to take that bigger leap?
- The secret of your success is found in your daily routine.
- Instead of focusing on what you need to sacrifice, think about what you get to put in.
- The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge.
- You can almost always control how your day starts and ends.
- Life is simply a collection of experiences.
- Everyone is affected by three kinds of influences: what you feed your mind, the people with whom you spend time, and your surroundings.

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- You get in life what you create.
- Determine the quality of life you want to have and then surround yourself with the people who represent and support that vision.
- You get in life what you tolerate.
- Find the line of expectation and then exceed it.