Twitter Thread by Wealth Health Money



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8■ Key Lessons From The Book “Million Dollar Habits“

■ Book Review (Thread)

1■ You are what you think

■ Most of what happen in our lives is the result of our actions and decisions. Whatever we feed our minds, we inevitably manifest. Therefore, the more we think positively, the more we do greater things.

2■ Habits make you successful

■ The only difference between successful people and unsuccessful people are habits.

■ Each one of us has the capacity to be successful; some just have not yet realized it.

3■ Habits are difficult but essential to adopt

■ The keys to shedding old habits and developing new ones are perseverance and patience. It takes time, but it's always possible if we don't give up.

4■ Raising your self-concept motivates you to do better

■ We are more capable to improve ourselves once we boost our self-esteem.

5■ Importance of Self-discipline

■ Self-discipline is necessary to initiate your journey to success.

■ Planning is the first step to self-discipline. Don't be haphazard in making choices. Things done in an organized and careful way assures a higher success rate.

6■ Make it happen

■ Don't wait for things to happen; make it happen.

7■ Successful people have healthy relationships with people

■ Celebrating success by yourself does not yield that much happiness. Always keep the people you love close by yourself. Share success and happiness with others.

8■ Develop a healthy lifestyle

■ Above all, you must take care of your physical, mental, and emotional health.

Two Interesting quotes from the book:

■ “I believe something wonderful is going to happen to me today.“

■ “Practice one virtue for a period of two weeks, then three weeks, then one virtue per month.“