

## Twitter Thread by Essential Mastery



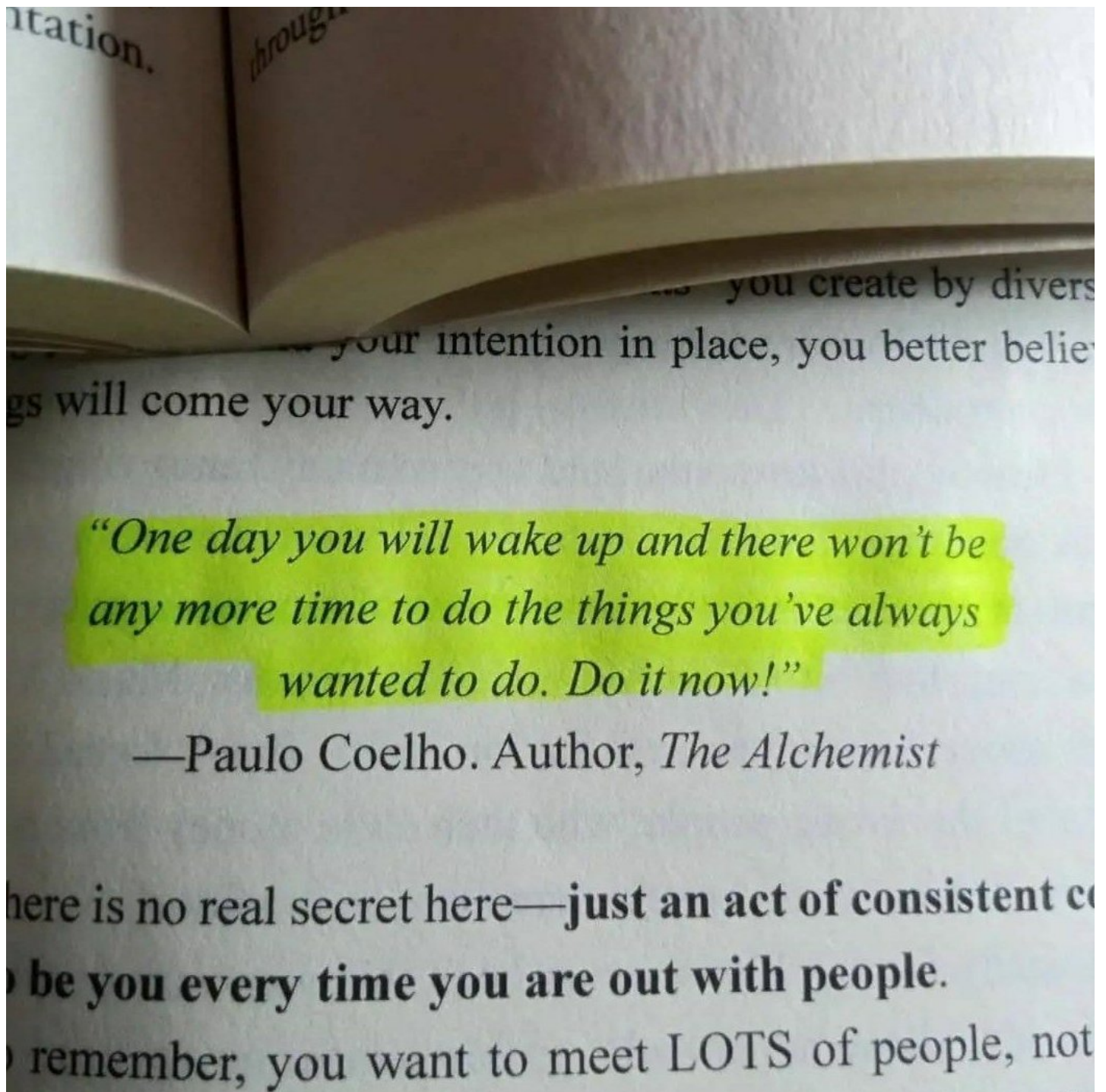
**Essential Mastery**

@EssentialMastry



**20 Incredibly Easy Ways I learned in my 20s that will Put You 90% Ahead of People and I'll teach you under 5 minutes**

**Thread**



#### 1. Find Work You Love and Put Your Heart and Soul Into It

Choose a job you love and you will never have to work another day in your life.

#### 2. Focus on the Task at Hand

Do the best you can where you are with what you have.

#### 3. Always Do the Right Thing, Even When It's Hard

Don't let what you cannot do interfere with what you can.

#### 4. Take Initiative

Even if you're already very good at your job, do whatever you can to push your limits.

#### 5. Be Part of the Solution

Don't be known as someone who is always complaining about something.

#### 6. Always Tell the Truth

Let people know they can count on you to be honest even when it creates difficulties.

#### 7. Help as Many People as You Can Along the Way

Become someone people seek out for assistance.

#### 8. Avoid Gossip Always

It should go without saying, but turn a deaf ear to gossip and rumors.

#### 9. Double Your Income by Tripling Your Knowledge

Don't let your knowledge and skills become outdated.

#### 10. Mind Your Emotions

When you're angry, count to 10; before you speak, count to 100.

#### 11. Make Small Daily Improvements for Stunning Results

Most of the time, success consists of a series of little daily efforts.

#### 12. Be Masterful at What You Do Despite the Obstacles

No person fails who does his or her best.

#### 13. Don't Feed Your Fears

Have faith that you will make it through.

#### 14. Learn to Ask for Help When You Need It

There is no such thing as a self-made person; you will reach your goals only with the help of others.

## 15. Set Goals and Get Results

It's important to know where you are going, how you will get there, and what the outcome will be.

## 16. Persevere With Persistence

Success is largely a matter of hanging on long after others have let go.

## 17. Honor Your Commitments

When you make a promise,  
KEEP IT.

## 18. Manage Your Stress

Take every action to minimize stress at work because you don't want it to get the best of you.

## 19. Be True to Yourself

Everything you do should represent who you are.

## 20. Lead From Within

Everything you need for a successful life is within you now.

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Have a great day :)

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— Essential Mastery (@EssentialMastery) [September 7, 2022](#)