

Twitter Thread by [Ross](#) ■



Ross ■

[@THEROSSHARKNESS](#)

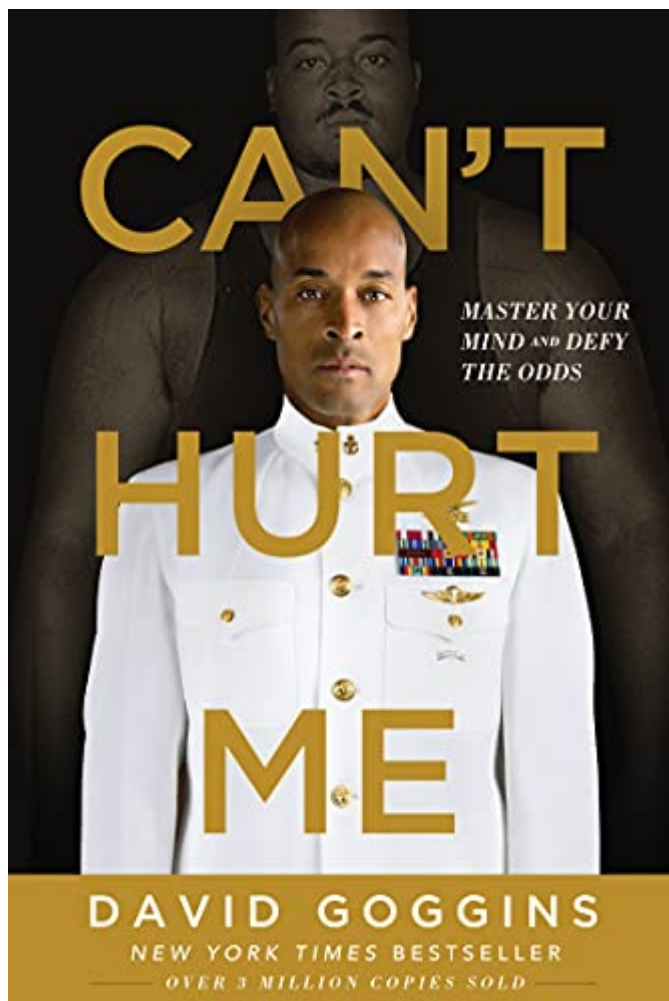


6 books to help you become the disciplined person you want to be:

1. Can't Hurt Me by David Goggins

Lessons:

- Your mind will tell you "you're done", you're not.
- Build a "cookie jar" and use it when times get tough



2. The Compound Effect by Darren Hardy

Lessons:

- Routines are crucial for momentum
- Small smart choices + consistency + time = radical difference

"A real program, with real tools that can change your life and make your dreams a reality."

—DAVID BACH, ten-time bestselling author

10th

ANNIVERSARY
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THE
**COMPOUND
EFFECT**

JUMPSTART
YOUR INCOME, YOUR LIFE,
YOUR SUCCESS

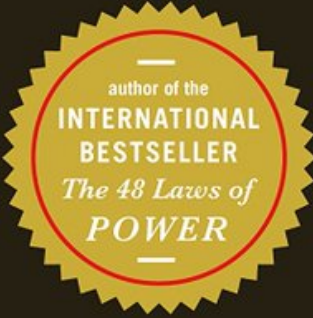
DARREN HARDY

New York Times Bestselling Author

3. Mastery by Robert Greene

Lessons:

- Follow your calling / your purpose
- Lean into the resistance and let go of comfort



—
author of the
**INTERNATIONAL
BESTSELLER**
*The 48 Laws of
POWER*
—

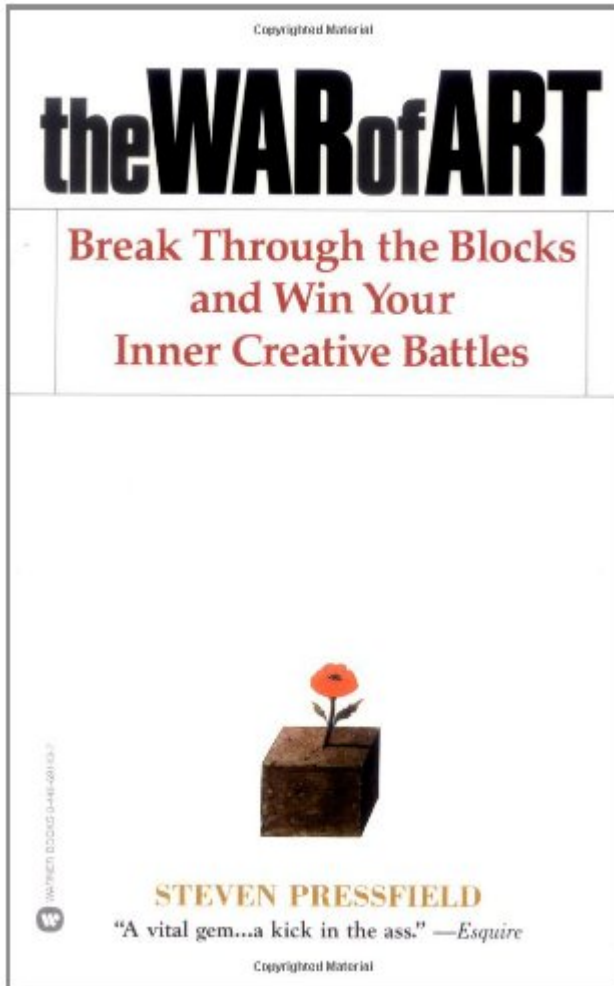
ROBERT GREENE

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4. The War of Art by Steven Pressfield

Lessons:

- The hardest part is starting
- Act like a professional - do the work regardless



5. Make Your Bed by Admiral William McRaven

Lessons:

- Start the day by completing a task
- Setbacks are only permanent if you let them be

#1 *New York Times* Bestseller

— ADMIRAL —

WILLIAM H. McRAVEN

(U.S. Navy Retired)

MAKE
YOUR
— BED —

LITTLE THINGS THAT CAN
CHANGE YOUR LIFE
...AND MAYBE THE WORLD

6. No Excuses by Brian Tracey

Lessons:

- Fear is normal, lean into it.
- Everyday you need to dedicate time to improving your skill at what you do.

21 Ways to Achieve Lasting Happiness and Success

THE POWER OF SELF-DISCIPLINE



**NO
EXCUSES!**

BRIAN TRACY

New York Times bestselling author of *Eat that Frog!*

"I COULDN'T HAVE WRITTEN IT BETTER MYSELF!"

—Lee Iacocca, bestselling author of *Where Have All the Leaders Gone*

I've put together the 7 steps needed to build discipline

From setting goals correctly to hacking your neuroscience.

Click the link below and build your discipline ↓

<https://t.co/gdU9mJKK2C>