

## Twitter Thread by [Ross ■](#)



**Ross ■**

[@THEROSSHARKNESS](#)

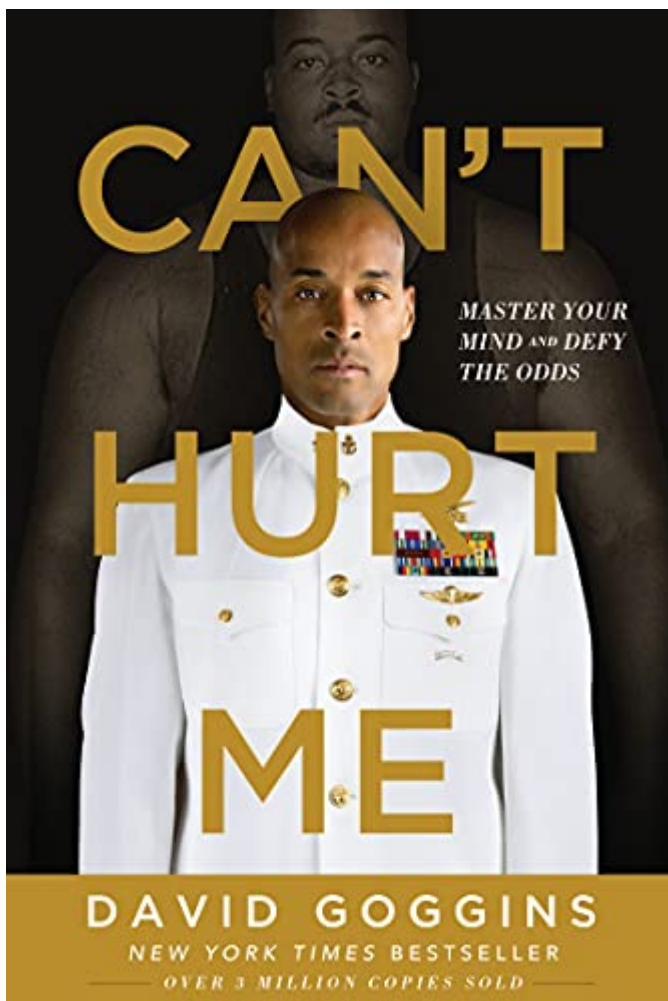


### 6 books to help you become the disciplined person you want to be:

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

10<sup>th</sup>

ANNIVERSARY  
EDITION

OVER 1 MILLION COPIES SOLD!

# 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



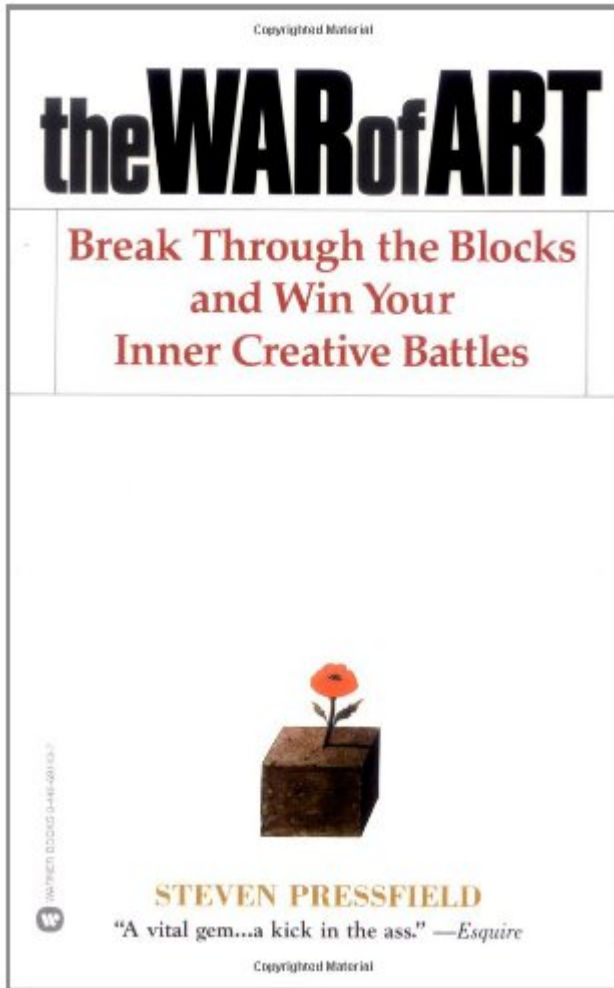
ROBERT GREENE

M  
A  
S  
T  
E  
R  
Y

#### 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>