Twitter Thread by Ross ■

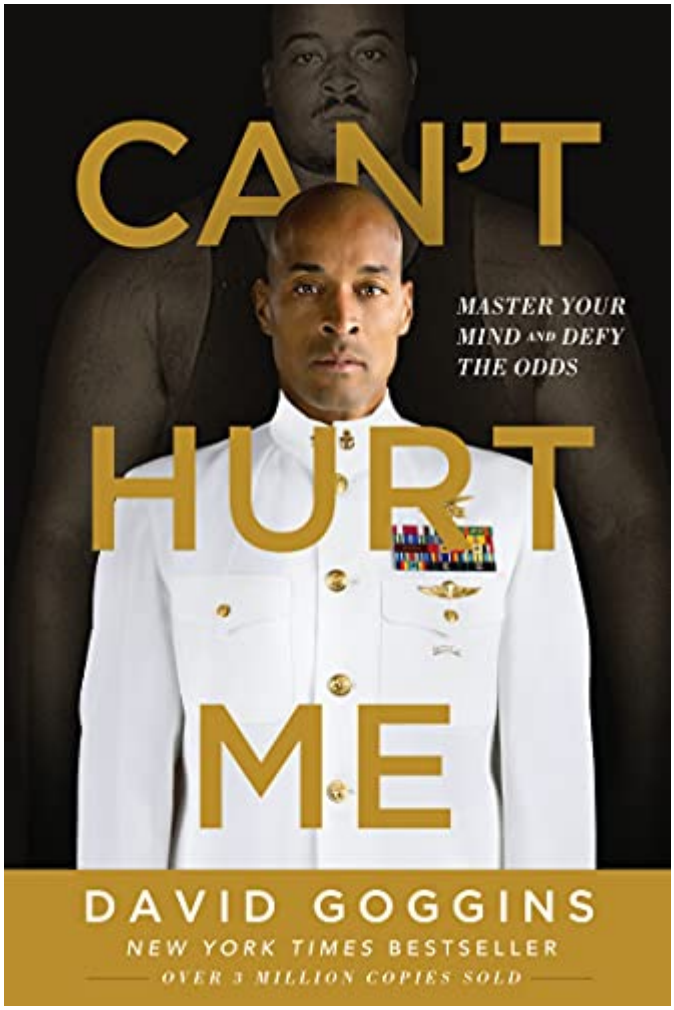
Ross ■
@THEROSSHARKNESS

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

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THE COMPOUND EFFECT

JUMPSTART YOUR INCOME, YOUR LIFE, YOUR SUCCESS

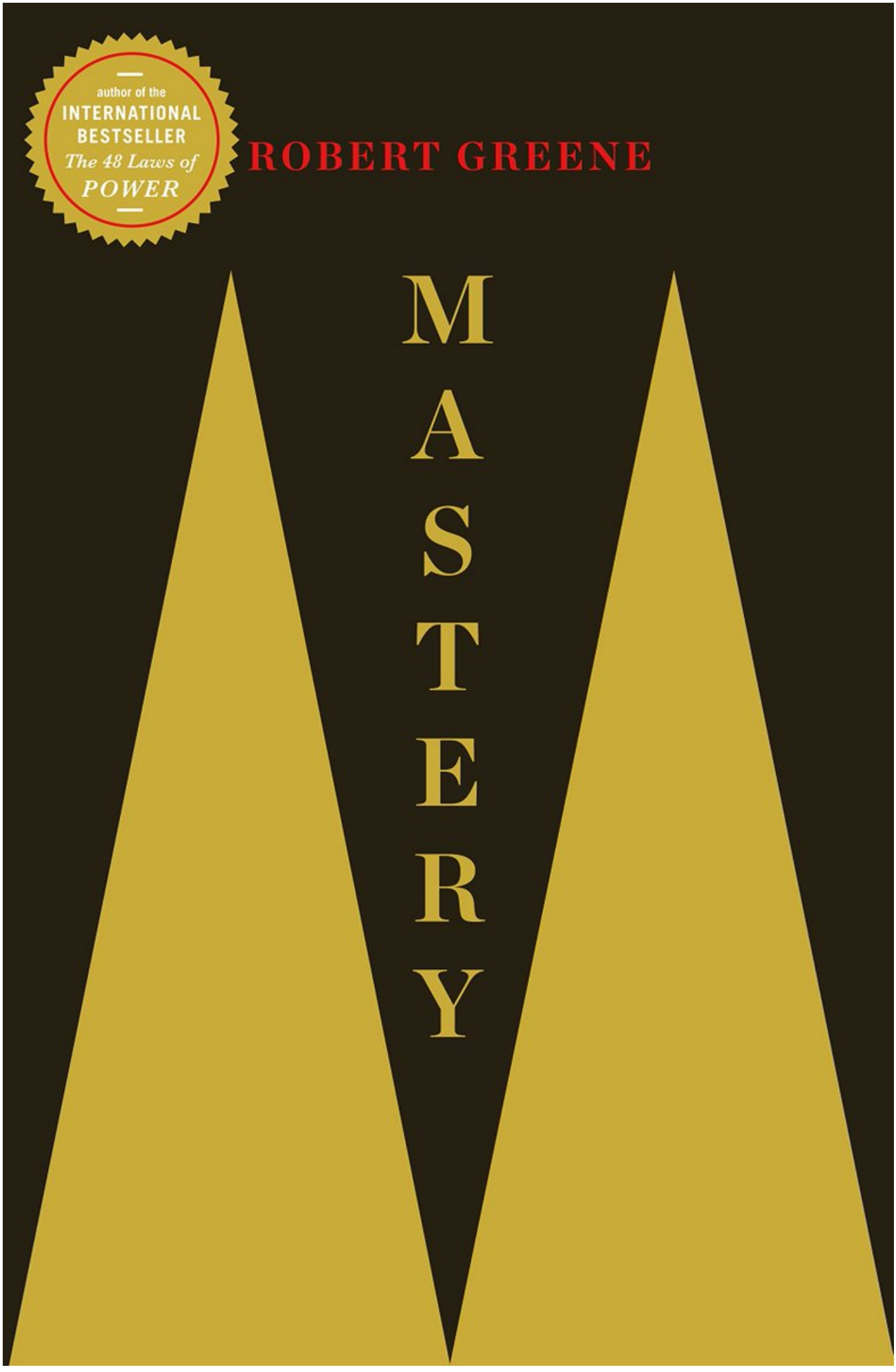
DARREN HARDY

New York Times Bestselling Author

3. Mastery by Robert Greene

Lessons:

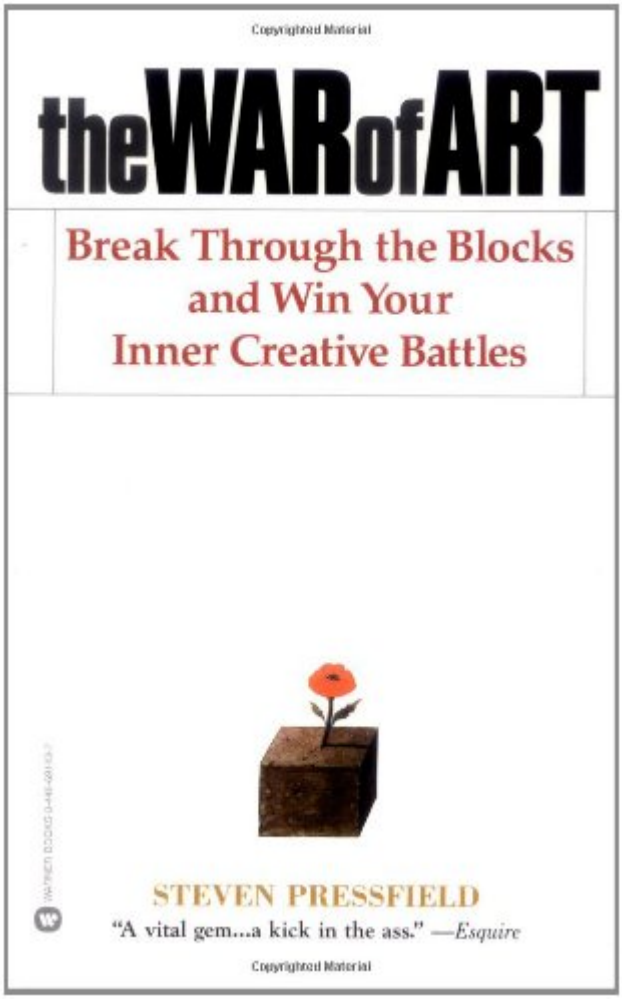
- Follow your calling / your purpose
- Lean into the resistance and let go of comfort


author of the
INTERNATIONAL
BESTSELLER
The 48 Laws of
POWER
ROBERT GREENE
MASTERY

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



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.

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https://t.co/gdU9mJKK2C