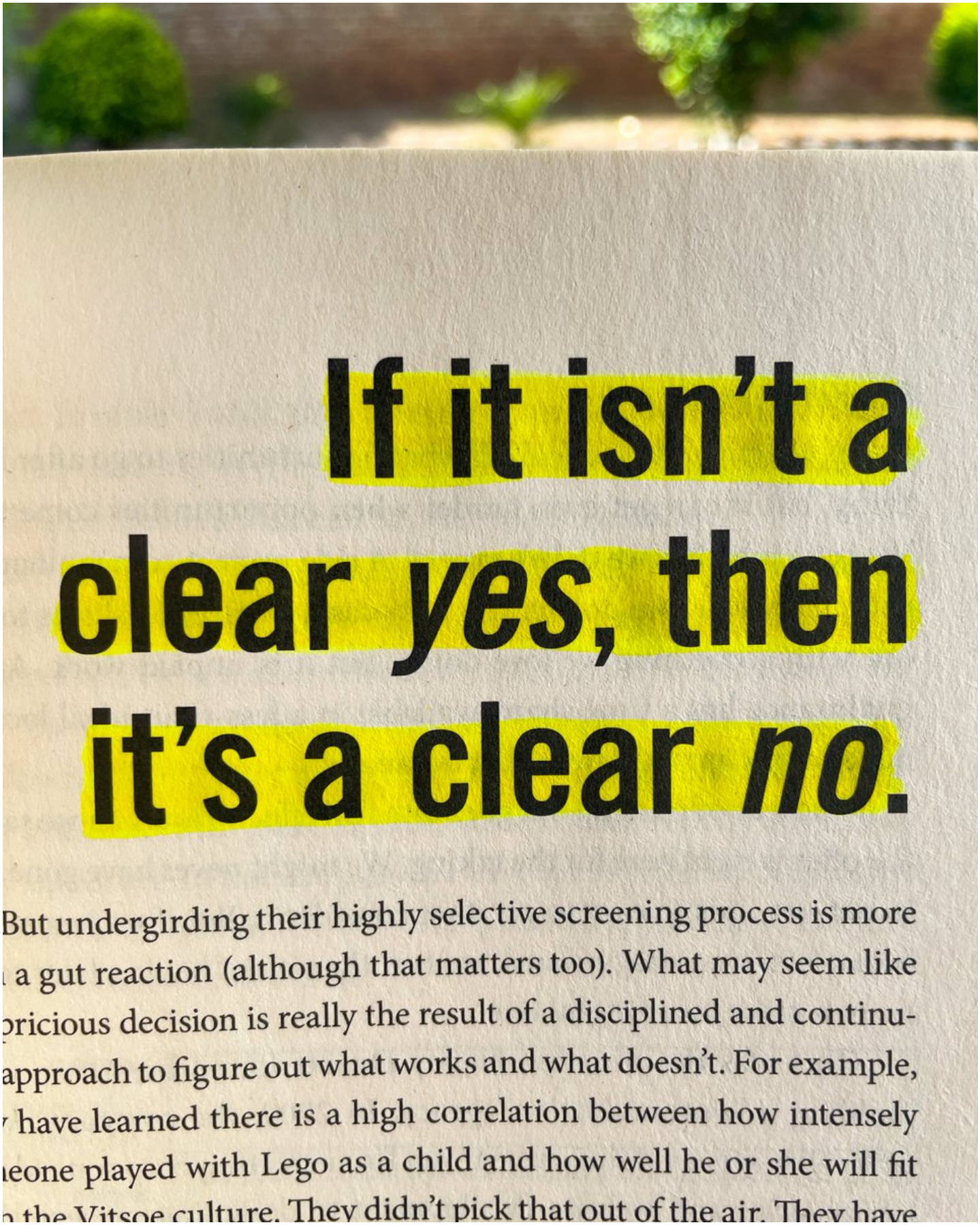
# Twitter Thread by Art of Discipline



**Art of Discipline**
@Art0fDiscipline

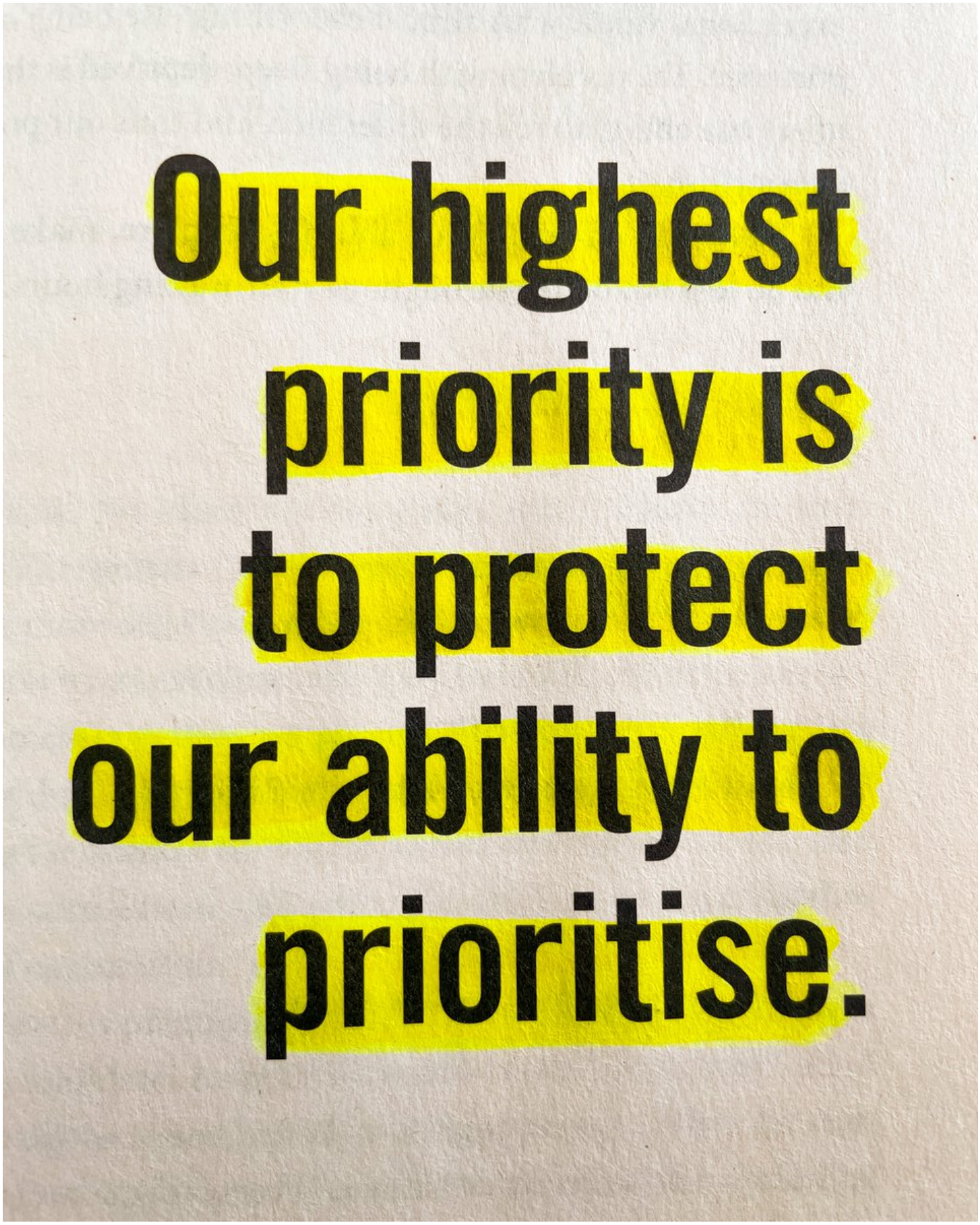
**10 quotes that will boost your productivity:**

**1.**



**If it isn't a clear *yes*, then it's a clear *no*.**

But undergirding their highly selective screening process is more
a gut reaction (although that matters too). What may seem like
pricious decision is really the result of a disciplined and continu-
approach to figure out what works and what doesn't. For example,
have learned there is a high correlation between how intensely
neone played with Lego as a child and how well he or she will fit
the Vitsoe culture. They didn't pick that out of the air. They have


Our highest
priority is
to protect
our ability to
prioritise.

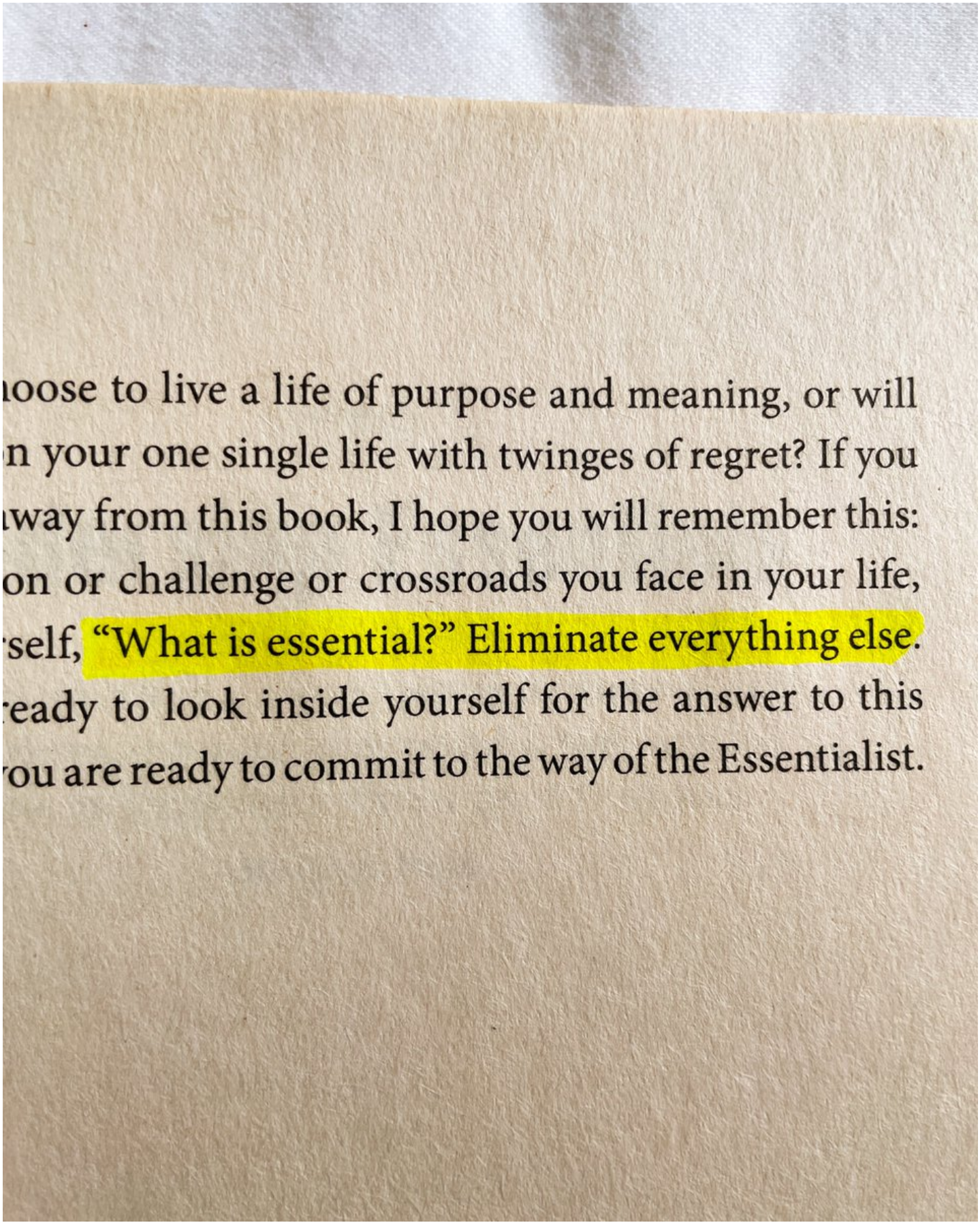
3.

CHAPTER 1

# The Essentialist

THE WISDOM OF LIFE CONSISTS IN THE ELIMINATION OF NON-ESSENTIALS.

*—Lin Yutang*


ıoose to live a life of purpose and meaning, or will
ın your one single life with twinges of regret? If you
ıway from this book, I hope you will remember this:
on or challenge or crossroads you face in your life,
'self, "What is essential?" Eliminate everything else.
'eady to look inside yourself for the answer to this
'ou are ready to commit to the way of the Essentialist.

5.

Appendix

# Leadership Essentials

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

—*Margaret Mead*

nkedIn CEO Jeff Weiner sees "fewer things done better" as *th*
ost powerful mechanism for leadership. When he took the rein
the company he could easily have adopted the standard oper

6.

of revisiting a conversation we have just had, or a meeting we just led, or a presentation we just made and reworking it, red pen in hand. Nevertheless, four simple principles inherent in editing do apply to editing the non-essentials out of our lives.

## Editing Life

### CUT OUT OPTIONS

To state the obvious, editing involves cutting out things that confuse the reader and cloud the message or story. It is a matter of record that well-edited movies and books are easy on the eye and the brain.

When making decisions, deciding to cut options can be terrifying – but the truth is, it is the very essence of decision making.[5] In fact:



7.

CHAPTER 12

# UNCOMMIT

## Win Big by Cutting Your Losses

HALF OF THE TROUBLES OF THIS LIFE CAN BE TRACED TO SAYING YES TOO QUICKLY AND NOT SAYING NO SOON ENOUGH.

*—Josh Billings*

any estimation, the Concorde jet was a striking achievemen
onautical engineering. Aboard this passenger plane you co
from London to New York in as little as two hours, fifty-t
nutes, and fifty-nine seconds.[1] That's less than half the time
ditional plane, making the Concorde the fastest passenger pl

CHAPTER 16

# SUBTRACT

## Bring Forth More by Removing Obstacles

TO ATTAIN KNOWLEDGE ADD THINGS EVERY DAY. TO ATTAIN WISDOM SUBTRACT THINGS EVERY DAY.

—*Lao-tzu*

the business parable *The Goal,* Alex Rogo is a fictional charac
o is overwhelmed by the responsibility of turning around a f
production plant within three months.[1] At first he does not
this is possible. Then he is mentored by a professor who t

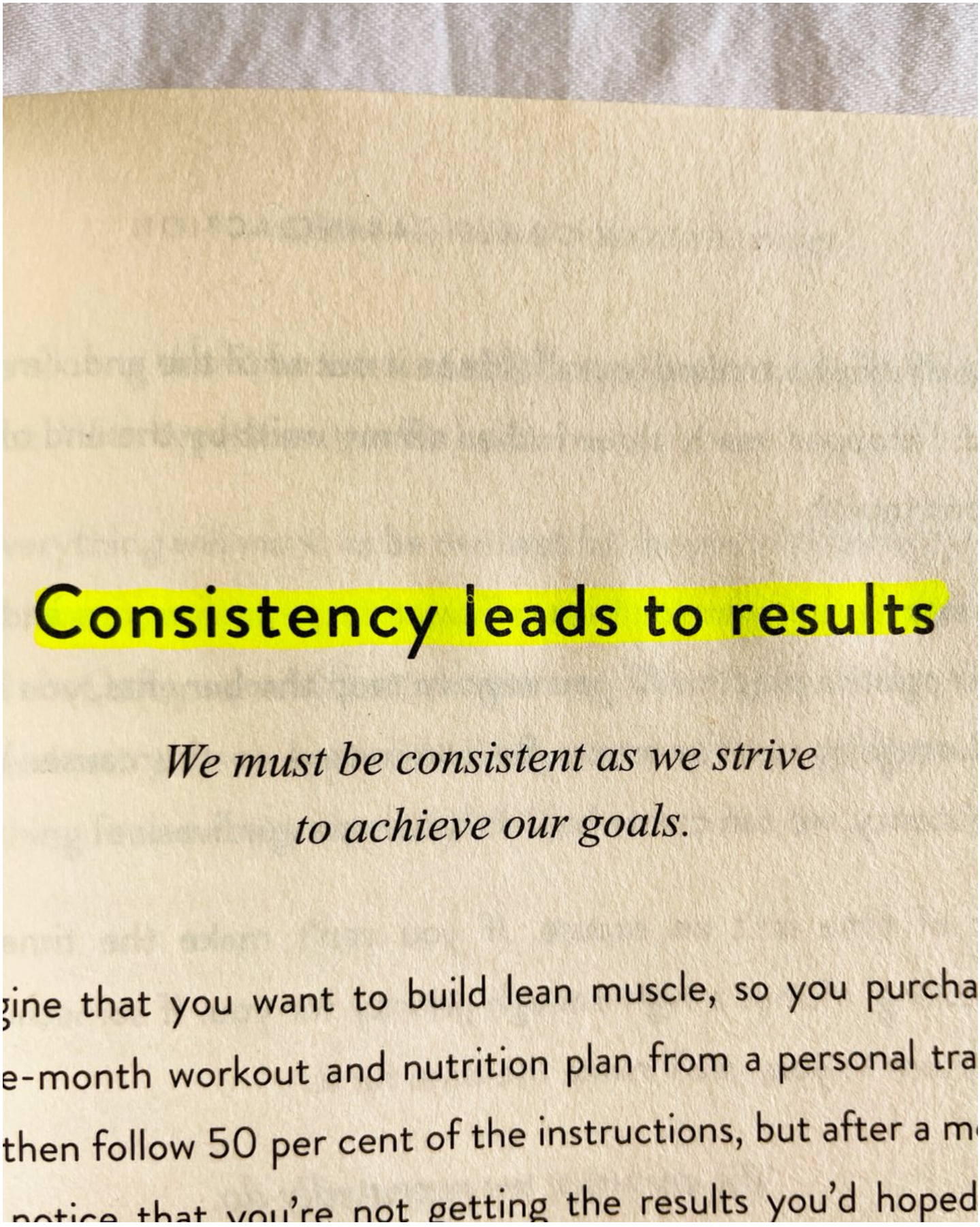
# 19

# Create Large Chunks of Time

Nothing can add more power to your life than concentrating all of your energies on a limited set of targets.

NIDO QUBEIN

Most of the really important work you do requires lar
chunks of unbroken time to complete. Your ability
carve out and use these blocks of high-value, highly pr
ductive time is central to your ability to make a signi
cant contribution to your work and to your life.




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Study physics to understand chemistry

Study chemistry to understand biology

Study biology to understand psychology

Study psychology to understand economics

Study economics and philosophy to be free

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