

Twitter Thread by Art of Discipline



Art of Discipline

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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
a precious decision is really the result of a disciplined and continu-
ous approach to figure out what works and what doesn't. For example,
they have learned there is a high correlation between how intensely
someone played with Lego as a child and how well he or she will fit
into the Vitsoe culture. They didn't pick that out of the air. They have

**Our highest
priority is
to protect
our ability to
prioritise.**

CHAPTER 1

The Essentialist

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

—*Lin Yutang*

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

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

LinkedIn CEO Jeff Weiner sees “fewer things done better” as the most powerful mechanism for leadership. When he took the reins of the company, he could easily have adopted the standard open

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:

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 achievement in aeronautical engineering. Aboard this passenger plane you could fly from London to New York in as little as two hours, fifty-three minutes, and fifty-nine seconds.¹ That's less than half the time of a conventional plane, making the Concorde the fastest passenger plane

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 character who is overwhelmed by the responsibility of turning around a failing production plant within three months.¹ At first he does not believe this is possible. Then he is mentored by a professor who teaches

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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 large chunks of unbroken time to complete. Your ability to carve out and use these blocks of high-value, highly productive time is central to your ability to make a significant contribution to your work and to your life.

Some of the most important work you do requires a specific time period

Consistency leads to results

*We must be consistent as we strive
to achieve our goals.*

Imagine that you want to build lean muscle, so you purchase a 3-month workout and nutrition plan from a personal trainer. You then follow 50 per cent of the instructions, but after a month you notice that you're not getting the results you'd hoped for.

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