

Twitter Thread by Colby Kultgen



Colby Kultgen

@thecolbykultgen

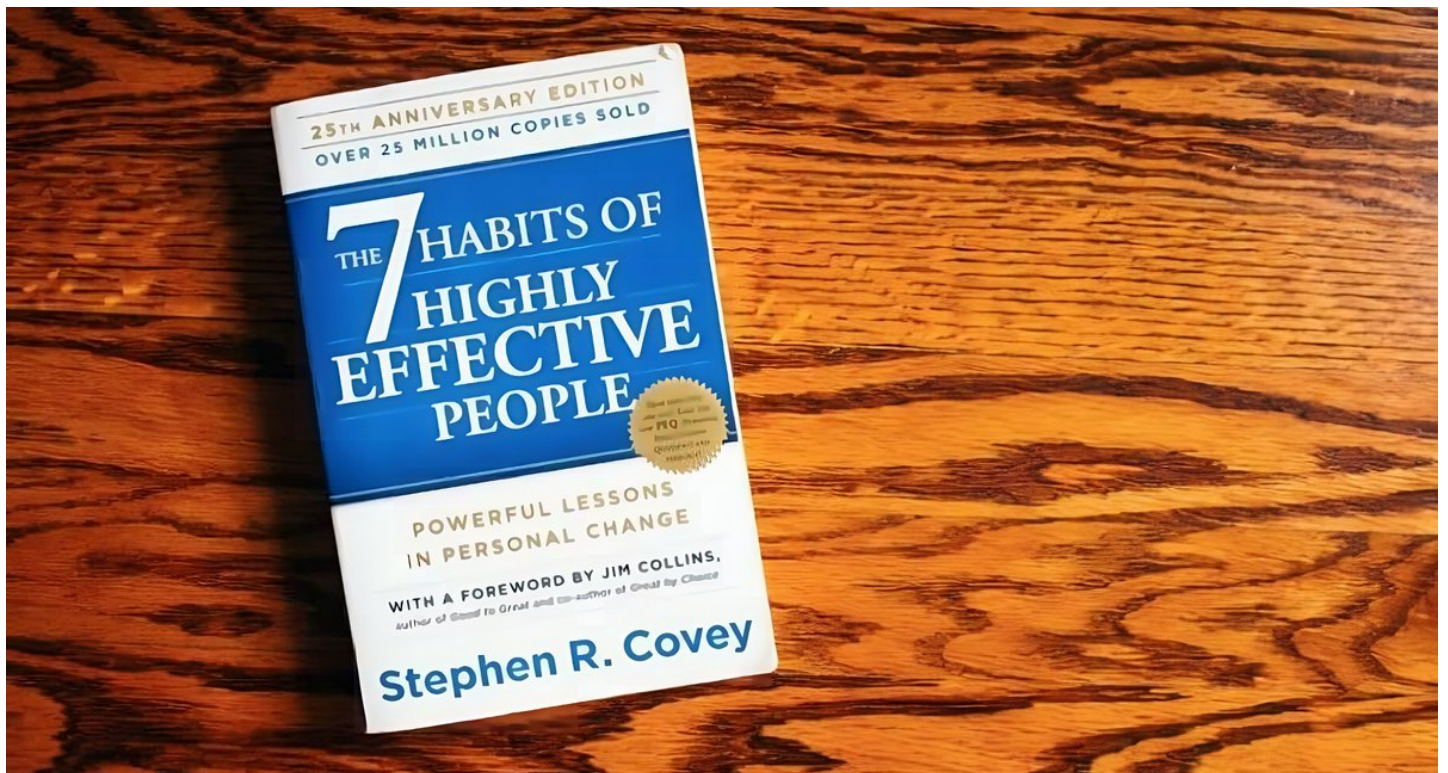


The 7 Habits of Highly Effective People has sold more than 40 million copies.

Don't have time to read it?

—No worries.

Here are the 7 key lessons you should apply:



Habit #1 — BE PROACTIVE

It all starts with action.

Rather than being "reactive" (externally influenced).

Focus on being "proactive" (initiative-taking).

This puts you in firm control of your life.

1 BE PROACTIVE

FOCUS ON YOUR
CIRCLE OF INFLUENCE.
TAKE RESPONSIBILITY FOR
YOUR REACTIONS TO YOUR
EXPERIENCES.



Habit #2 — BEGIN WITH THE END IN MIND

"No wind is favorable if one does not know to which port one is sailing."

I use this goal-setting system to stay on track myself:

Who do I want to be --> Monthly goal to achieve it? --> Daily action to reach that goal?

I update weekly.

2 BEGIN WITH THE END IN MIND. 🧠



HOW DO I WANT TO BE REMEMBERED? WHO DO I WANT TO BE? WHAT ARE MY VALUES? WHAT DO I WANT TO ACHIEVE? ...

↳ WRITE A MISSION STATEMENT

Habit #3 — FIRST THINGS FIRST

Knowing the work that moves the needle is half the battle.

The Eisenhower Matrix can come in handy here:

Urgent + Important - Do it

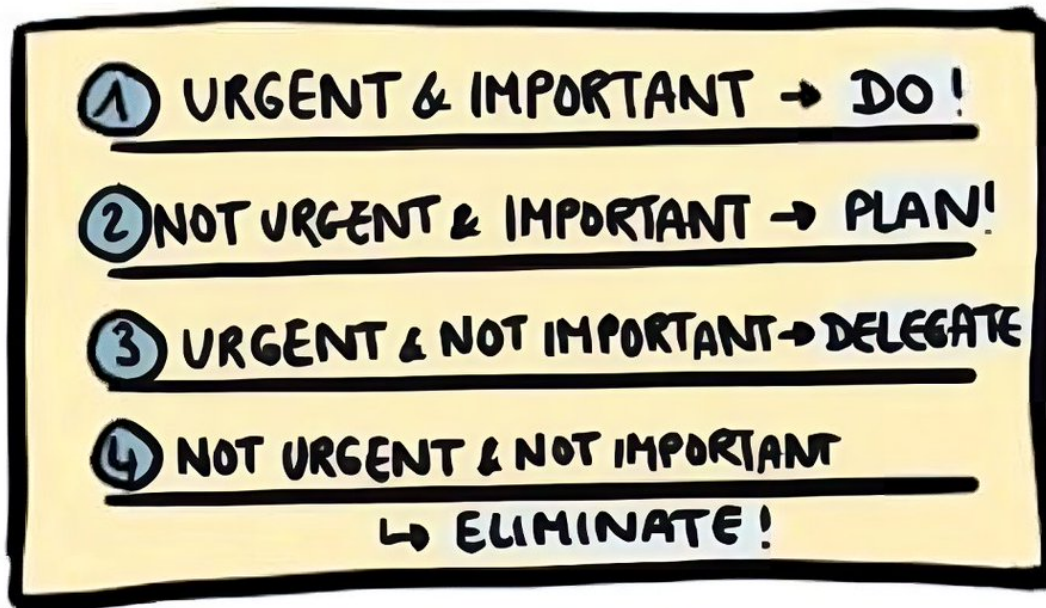
Important + Not urgent - Schedule it

Urgent + Not important - Delegate it

Not urgent + Not important - Delete it

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FIRST THINGS FIRST



Habit #4 — THINK WIN-WIN

Always strive to find a mutually beneficial solution.

How to:

- Be as objective as possible
- Try to see from their perspective
- Determine what a "win" truly means for both parties
- Work to find the best solution for both parties

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THINK WIN-WIN



CREATE
MUTUALLY
BENEFICIAL
SOLUTIONS
IN YOUR
RELATIONSHIPS.

Habit #5 — SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

Most underrated skill: Listening

Everyone loves a great listener.

I suggest reading the book "How to Win Friends and Influence People" or read my thread on it:



**SEEK FIRST TO UNDERSTAND,
THEN TO BE UNDERSTOOD.**



**USE EMPATHIC
LISTENING
TO UNDERSTAND
A PERSON
GENUINELY**

**THIS WILL
CREATE A
CARING &
PROBLEM -
SOLVING
ATMOSPHERE**

Habit #6 — SYNERGIZE

Leverage.

One of the fastest ways to get it is by combining forces with someone who compliments your skill set.

This can also be done by tapping into your own unique combination of skills and experience that can't be replicated by anyone else.

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SYNERGIZE



**COMBINE YOUR STRENGTHS TO
ACHIEVE GOALS THAT WOULD
OTHERWISE BE IMPOSSIBLE FOR
INDIVIDUALS TO ACHIEVE.**

Habit #7 — SHARPEN THE SAW

Stay sharp.

- Physically
- Mentally
- Spiritually
- Socially

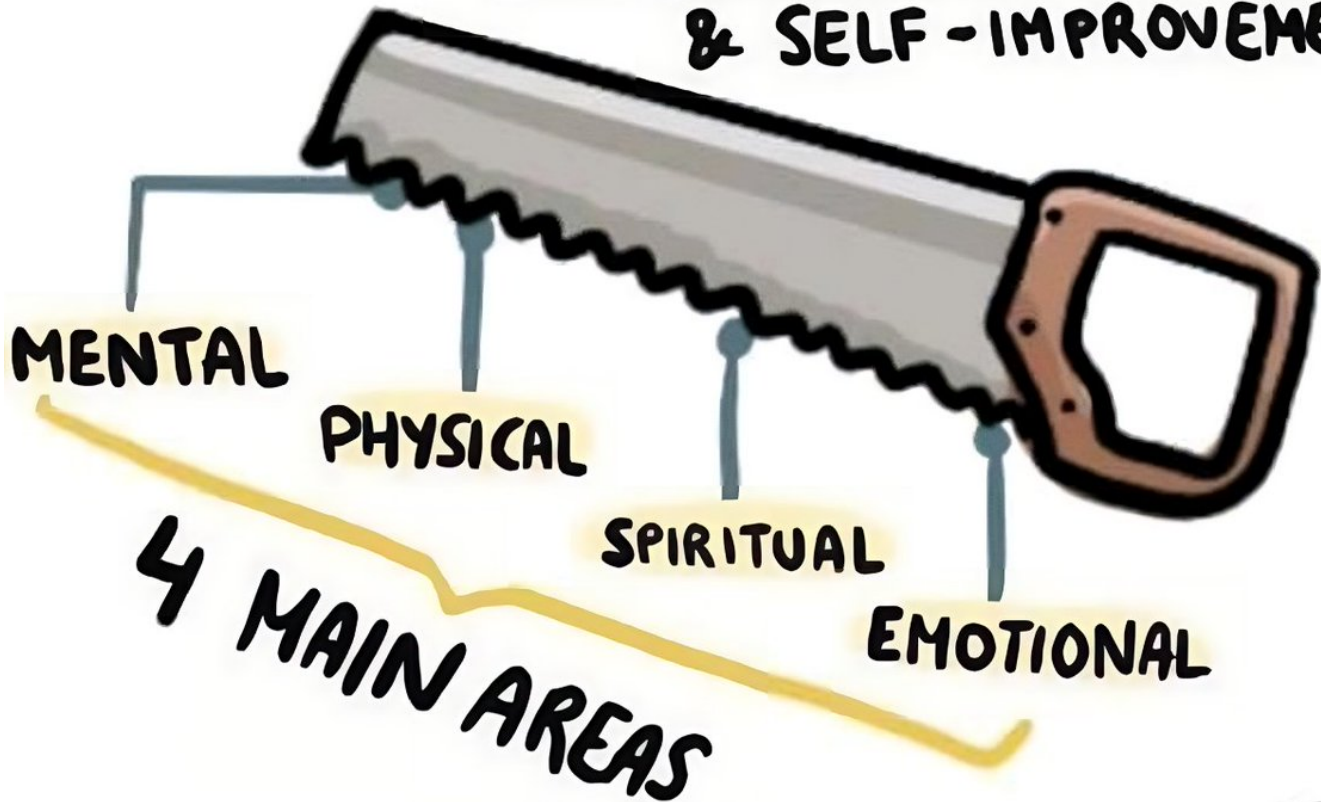
The most successful people in the world are playing the long game.

Keep your body and mind in peak shape if you want to compete.



SHARPEN THE SAW

CONTINUOUS SELF-RENEWAL
& SELF-IMPROVEMENT



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That's a wrap!

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Here are the 7 key lessons you should apply: pic.twitter.com/nzUF5nyT0y

— Colby Kultgen (@thecolbykultgen) March 12, 2023