Twitter Thread by Prado ■ "The Story Guy"



Prado ■ "The Story Guy"
@pradologue

The Compound Effect ■

{Thread}

What does the compound effect look like?

[[Magic Paisa]]

You got two choices:

1. Taking ■30Lakhs today ■ or
2. Taking 1 Paisa that DOUBLES every day for 31 days ■

Which one would you take?

To make great wealth you should go with option 2 ■

Here why: Day 1: ■0.01,
- Day 10: ■5.12
- Day 20: ■5,243

This is when the magic happens, watch this

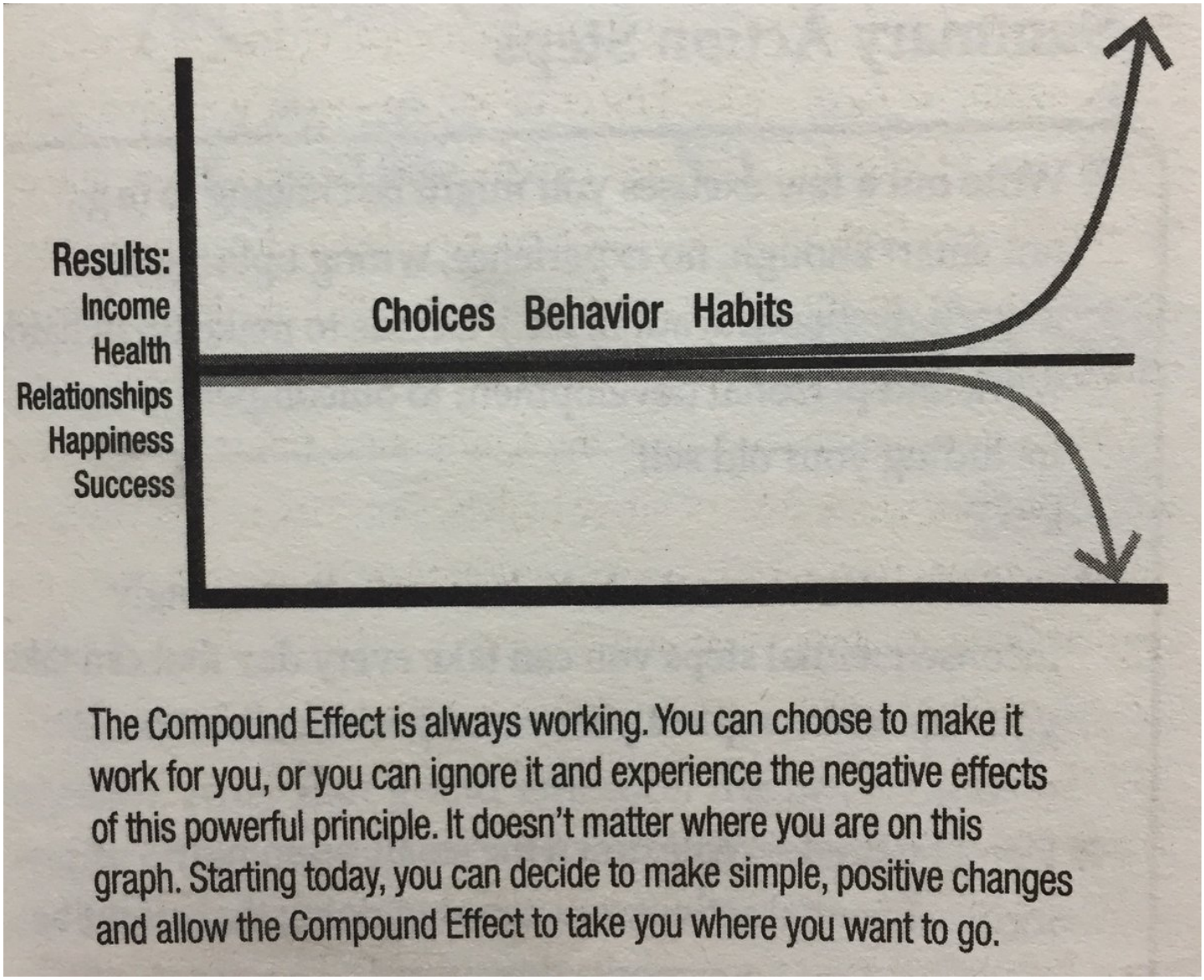
- Day 29: Around 26L
- Day 30: ■53.6L

- Day 31: ■1,07,37,664 (Three times the option 1) ■

“Small, Smart Choices + Consistency + Time = Significant results ” ■■

Let's talk about how to make the compound effect work for us:

The compound effect works on both sides "Positive & Negative"



To make compound work it mostly comes down to these things:

- Choices ■
- Behaviour ■
- Habits ■■■■
- Time ■

And a few more...

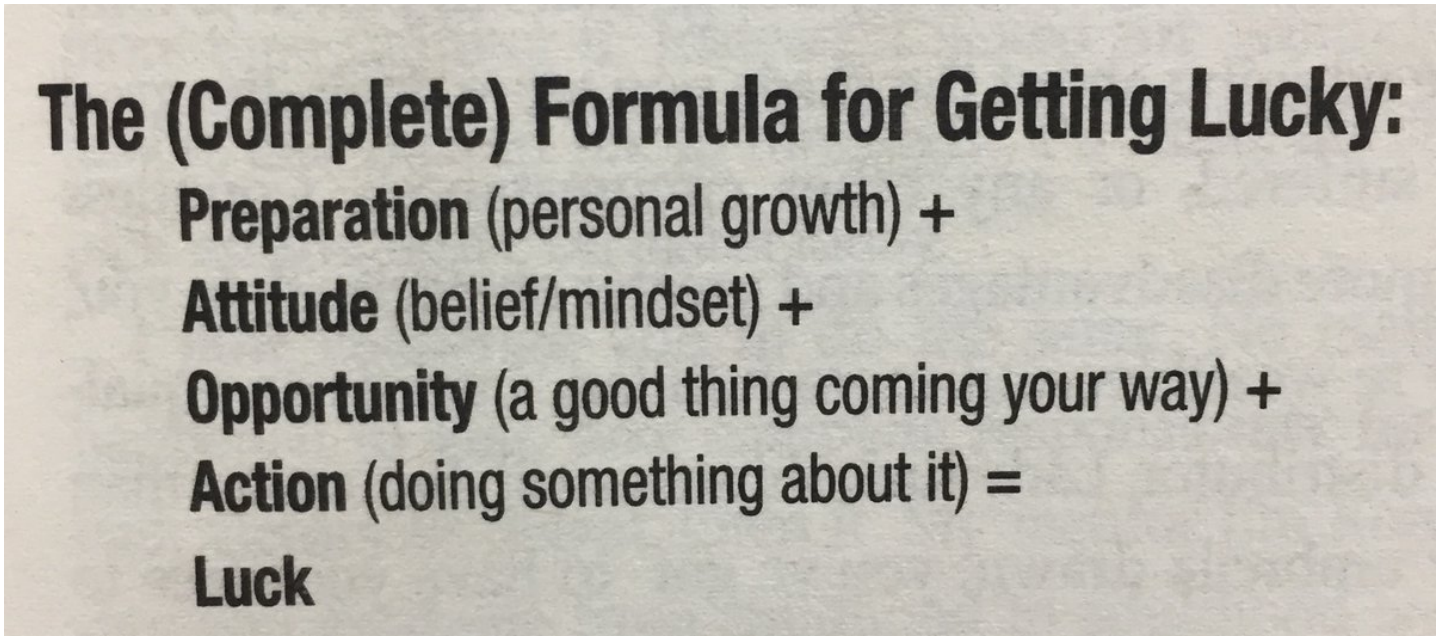
Every choice you pick, every decision you make has a compound effect.

No one intends to look fat, go bankrupt, or get a divorce,

those consequences are the result of a series of small, poor choices ■

Remember
“What’s simple to do is also simple not to do.”

https://t.co/HFis9vjXlk



How to become aware of your choices:

Track every action ■

Want to get out of debt? Track every rupee ■
Want to lose weight? Track every calorie ■

Take notes, every single day, no excuses.

“You make your choices, and then your choices make you.”

Habits:

A man once asked a horse rider - "Where are you going"?

Rider: I don't know, Ask the horse.

This is the story of most people's lives, the habits are riding people with no idea where they are heading

"We are what we repeatedly do" - Aristotle

Contents:

- Have a strong why ■
- Avoid Cheap Dopamine ■
- Find core values ■■
- Set Goals ■
- Kill bad habits ■
- Create a good habit ■

Why having a strong why is important?

Why having a strong Why is important?

Let's say I give you 5000 rupees or $100 to walk on a thirty-foot long plank which is on the ground

It's a no-brainer (easy money)

What if I keep that plank in the middle of two building?

Why should you risk it, for what $100 dollars?

But what if I told you your daughter is stuck in building two and it's on fire?

Money or not, you won't think twice.

Your 'Why' made you take that decision.

Cheap Dopamine:

Instant Gratification Traps:

- Fast food ■
- Mindless Scrolling ■
- Porn ■
- Smoking, Drinking ■
- Binge Watching ■

Start thinking about how to get out of them.

Become aware of how you are behaving ■

If you say family is your priority but they don't appear on your busy calendar, they aren't really ■

Make a list of bad habits ■

How to kill a bad habit:

1. Identify the triggers ■■
2. Clean them or

3. Swap it ■
4. Take it easy ■
5. Or go all out ■■■■■

Read on (I'll explain them all)

1. Identify the triggers ■■

For every bad habit write down the Big 4s.

"Who, What, Where, When"

2. Clean whatever that triggers them ■

Remove the liquor bottles, Stop buying junk food ■

Get rid of anything that enables bad habits

3. Or Swap it ■

Replace a big ice cream dessert with a piece of chocolate/cookie ■

Replace Chips with nuts or vegetables ■

Soft drink with Diet ones or water

4. Take it easy
Take it slow

Week by Week

5. Or go all out

100% ASAP.



Challenge yourself:

Take a bad habit,
Go on a 30-day fast,

If you broke it - you are addicted to it :)

How to create a good habit:

1. Set yourself up to succeed
2. Think addition not subtraction
3. Accountability
4. Find a success friend
5. Competition
6. Celebrate
7. Be patient

DM me if you didn't understand any (Thread will be too big lol)

Once the habits get going, its time for the momentum
The Flow.

4) Building routines and rhythms into your daily disciplines
5) Staying consistent over a long enough period of time

Then, BANG! Big Mo kicks in your door (that's a good thing)! And you're virtually unstoppable.

Think about swimmer Michael Phelps, who won a legendary eight gold medals at the 2008 Summer Olympics in Beijing. How did he do it? Working with his coach, Bob Bowman, Phelps honed his talents over the course of twelve years. Together, they built routines and rhythms, and developed a consistency of performance that prepared Phelps to catch momentum just at the right time—the Olympic Games. Phelps and Bowman's symbiotic relationship is legendary for its scope and ambition—and its utter predictability. Bowman required such consistency when it came to practice that one of Phelps' most vivid memories is when Bowman allowed him to finish a training session *15 minutes early* so he could get ready for a middle-school dance! That's one time in twelve years! No wonder Phelps was so unbeatable in the pool!

Chances are you have an iPod. Ever think about the evolution that made it possible for that little gizmo to wind up in your pocket? Apple was around a long time before they launched the iPod. While Mac computers have always had an intensely loyal following, they still comprise a small fraction of the overall PC market. The iPod certainly wasn't the first MP3 player out there; Apple was actually late to the game. But they had something powerful going for them: the consistency of their efforts in maintaining customer loyalty, a steadfast commitment to high quality, innovative design, and ease of use. They made the MP3 player simple, cool, easy to use and play with, and promoted it through entertaining and inventive ad campaigns. It worked! It hit a nerve. -> Apple's Momentum and Ipod Sale.

Know your influences ■
Your Infomation diet

This is mine ■

https://t.co/V1ba4Yat0D

> 15 Quality Educators \U0001f680
>
> {Thread} \U0001f9f5\U0001f447\U0001f447
>
> — Prado \U0001f4da "The Story Guy" (@pradologue) September 25, 2020

Keep going ■

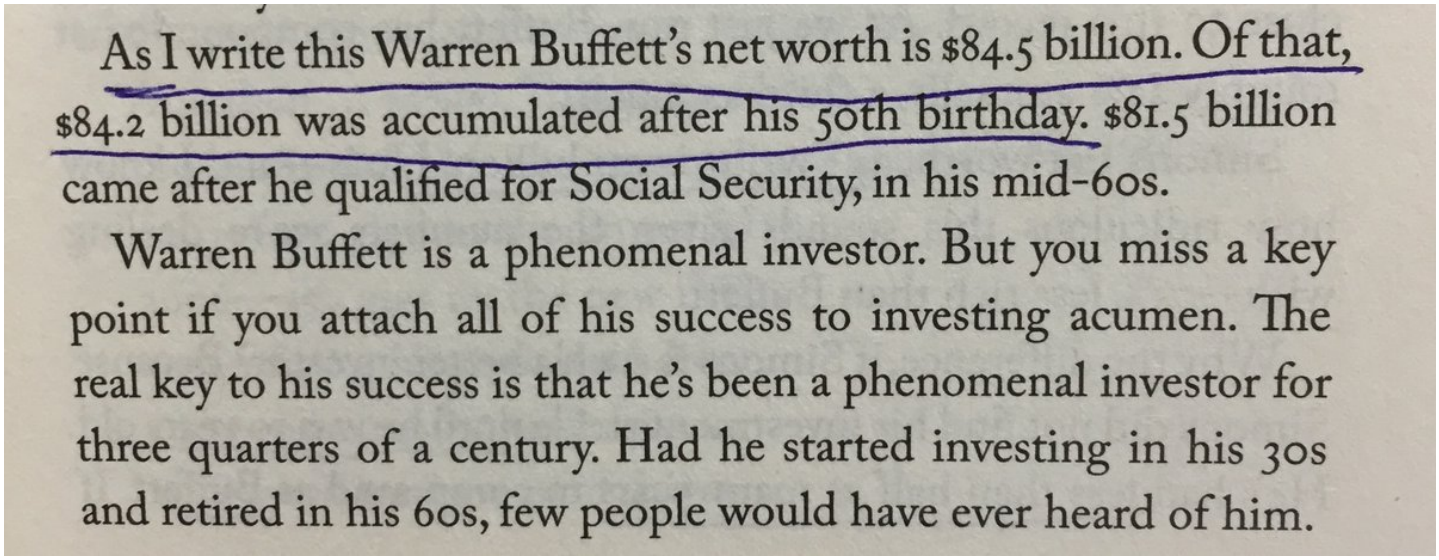
Don't give up.

Not on your goals, habits, momentum, nothing
Just not yet ■■

Be patient. The compound effect will work.

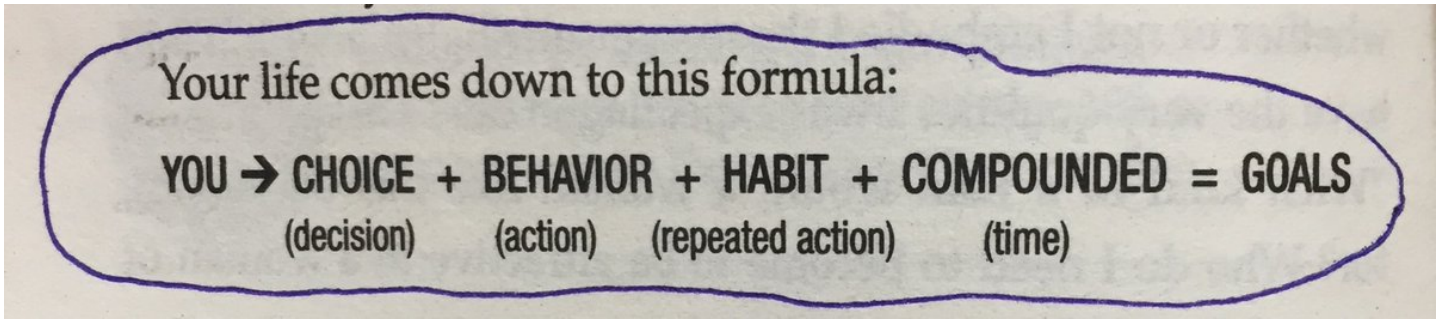


One of the best humans I know is Warren Buffett.


As I write this Warren Buffett's net worth is $84.5 billion. Of that, $84.2 billion was accumulated after his 50th birthday. $81.5 billion came after he qualified for Social Security, in his mid-60s.

Warren Buffett is a phenomenal investor. But you miss a key point if you attach all of his success to investing acumen. The real key to his success is that he's been a phenomenal investor for three quarters of a century. Had he started investing in his 30s and retired in his 60s, few people would have ever heard of him.

One Formula ■



If you learned something new ■
RT this thread.

You can follow me for more interesting threads and stories ■

Much love,
Prado.

This thread is taken from the book
The Compound Effect by Darren Hardy

And a few other resources ■

Thanks for your time :)