Twitter Thread by Universal Mind



Universal Mind
@univ_mind_

Top 20 Most Powerful Lessons from the book: "Tools of Titans"

By Tim Ferriss (@tferriss)

■Book Summary

@tferriss 1. "Fear is fake."

F - False
E - Expectations
A - Appearing
R - Real

You have nothing to fear but fear itself.

@tferriss 2. "Tell the truth."

Every time you lie a new reality spawns that you have to keep track of.

Save yourself time, energy and pain by just being honest in the first place.

It'll be worth it, trust me.

@tferriss 3. "Be yourself unapologetically."

We don't need another Elon Musk, LeBron James or Joe Rogan, we need YOU to reach your own unique potential.

Everyone has a gift to give to the world.

Don't forget to unwrap your gift.

@tferriss 4. "You do not need to be qualified."

There are countless people who don't have a degree and are making loads of money.

Many Harvard graduates have been fired by college dropouts.

@tferriss 5. "Move, eat and sleep."

-Sleep 8 hours (no phone before bed)
-Eat clean (low carb, high fat/protein)
-Drink plenty of water (spring water)
-Exercise (walk, run, lift, stretch)

These are essential.

You must do them.

@tferriss 6. "Double down on your strengths."

You don't need to be great at everything.

Choose 1-3 skills and put all your energy into developing them.

You will be rewarded massively if you can become irreplaceable.

@tferriss 7. "Losers have goals only."

You need to have dreams AND systems.

You need a roadmap to get to your goal.

Use skills day in and day out to develop consistent systems to move towards your goals.

Think of systems as habits.

@tferriss 8. "Knowledge is only potential power."

“If all we needed was more information, then everyone would be a billionaire with perfect abs.” Derek Sivers

Info is great, but you need to take action using the knowledge you've obtained.

@tferriss 9. "Measure your goals."

What gets measured gets accomplished.

Take time each night to align yourself and think about what you need to do.

@tferriss 10. "Go big or go home."

Don't work on getting 10% better.

Just go all in and try to 10x your life (you'll have less competition too).

Why wouldn't you?

You only have one life to live.

@tferriss 11. "Say no."

Don't get caught up in always doing someone else's work.

You can say "no" to invitations and opportunities.

Remember you have your own destiny to fulfill.

@tferriss 12. "Be careful with self-help."

You should work towards improving yourself but find what works for you.

We are not all the same.

You can easily get lost in the self-help world.

@tferriss 13. "Embrace discomfort."

Your level of success in this life depends on the number of uncomfortable situations you can handle.

You must get comfortable being uncomfortable.

@tferriss 14. "Be specific, never vague."

If you don't get serious about EXACTLY what you want in this life, you'll have a hard time getting it.

The more specific you are, the more likely you will obtain it.

@tferriss 15. "Ask stupid questions."

Who cares if you look foolish?

Every single successful person was once the fool everyone laughed at.

Be smart about it.

You can ask the question in a way that makes it look less dumb.

@tferriss 16. "Speak in public."

Having good public speaking skills can open up secret doors.

If you can master this, you will be extremely valuable.

It's hard, but you can do it.

Remember fear is fake.

@tferriss 17. "Journal in the morning."

When you wake up, write down what's on your mind.

This will keep info from clouding your mind throughout the rest of the day.

@tferriss 18. "Meditate."

More than 80% of the profiles in the book practiced mindfulness.

Breathe in slowly.

Breathe out slowly.

Repeat.

It doesn't have to be complicated.

@tferriss 19. "Show up."

Success is not achieved on the stage.

Success is achieved when you're by yourself in your room mastering your craft.

@tferriss 20. "Network, network, network."

The author of this book (@tferriss) mostly promoted his books himself.

He had much better luck connecting with influential bloggers than marketing agencies.

Remember:

Your network is your net worth.

@tferriss CONGRATULATIONS! You have made it to the end of this thread.

Here is my message: You HAVE to pursue your dreams.

Our birthright as humans is greatness, but it is up to YOU to make your dreams a reality.

Keep pushing.

I believe in you.

@tferriss THANK YOU for reading. It was a pleasure writing it.

Follow me (@univ_mind_) to get a daily dose of wisdom.

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https://t.co/RnFeTqqZFB

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