

DISRUPT! **Think Epic. Be Epic.**

25 Successful Habits For an Extremely Disruptive World

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The Web site for this book is at www.simplerwork.com

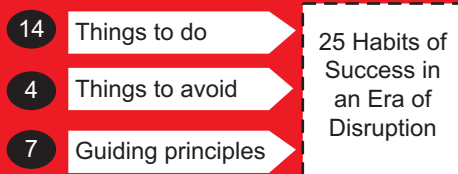
ISBN 978-1-77544-775-7

MAIN IDEA

The introduction of new technology and change are ongoing and won't be slowing down any time soon. This is absolutely the age of continuous personal and business disruption – some major, many minor but disruptions nonetheless.

So how do you excel in the face of ongoing disruptions? The key is to develop the right habits. Studies consistently show that up to 45 percent of what you do every day is driven by your personal habits. To excel today, focus on developing the right set of personal habits.

In particular, there are 25 habits which world-class performers use today:



To achieve more now and in the future, don't worry so much about the external changes which are happening in the world. Focus on the inward journey. Integrate these habits into your daily routine and you will welcome rather than fear the disruptions of the future.

"Everything is figureoutable. It boils down to a pretty simple thing: Put one foot in front of the other and figure it out. We should be seeing what sucks and taking the steps to fix that. People always assume that someone else is going to take care of it, but if everyone took personal initiative, then we'd have a much more exciting, vibrant world."

– Miki Afrawal, founder, WILD and THINX

"The people who will succeed in this era are those who figure out how to benefit from, or take advantage of, continuous disarray, disorder and disruption. You already have much of what it takes to master successful habits in the age of personal disruption. It's time to free those qualities and skills."

– Bill Jensen

25 Successful Habits for an Extremely Disruptive World

1. The Do's – 14 habits for doing great work in a disruptive world Pages 2 - 5

- | | |
|----------------------------------|-------------------------------------|
| 1 Question everything | 8 Go ahead and do it anyway |
| 2 Be audacious | 9 Go faster |
| 3 Kill what you cherish the most | 10 Leap before the net appears |
| 4 Do epic stuff | 11 Simplify again and again |
| 5 Blow your own stuff up | 12 Have a business on the side |
| 6 Become adept at triage | 13 Keep going back to the future |
| 7 Go ahead and make a mess | 14 Do things that make a difference |

2. The Don'ts – 4 habits for enjoying the ride Page 6

- 15 Don't fight stupid
- 16 Don't hesitate
- 17 Don't use weak tools
- 18 Don't knock down – try and build

3. Guiding Principles – 7 habits for saving the world and having a great life Pages 7 - 8

- | | |
|-------------------------------------|-------------------------------|
| 19 Know thyself deep down | 23 Your network is your power |
| 20 Of course, follow your passions | 24 You are the powers that be |
| 21 Remember resilience matters | 25 It's never about you |
| 22 Disrupt yourself again and again | |

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