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## 4 tips to help you to Compound Your Life

You're on your way to your job. You're walking down the street, listening to music, and drinking your coffee as you walk into the office and ask yourself: Where am I in my life today? Am I closer to where I want to be in 6 months? 1 year? 5? 10? Though everyone's answers may differ, the goal remains the same to get from point A to B. Or ideally from point A to B to C and so on and so forth until you reach your ultimate goal. I have a simple, efficient, and self-reinforcing strategy for improving your personal life, excelling in your industry and professional relationships, and taking control of your career....Compound Your Life!

Albert Einstein said — “Compound interest is the eighth wonder of the world.” I would agree with this statement but I'd argue that compounding, in and of itself, is the eighth wonder of the world. What do I mean by compound your life? Every decision you make will move you either UP or DOWN the 'staircase,' in the right direction or the wrong, closer to your goal or further away.

### Compound your life one action at a time.

These 4 tips will help you to Compound Your Life, both personally and professionally. It's about the basics.

1. Compound your daily actions. Every day you make decisions. Every decision you make has consequences. The consequences, whether small and large, will have a profound effect on the future you. Between your health — eating well and exercising adequately or your career — going to school, getting an internship then a job or in your relationships — a first date, a tenth date, moving in, getting married... whatever it may be, it happens one action at a time.

I am not saying this is easy but if you start with the basics and continue to build on them, your patience will be rewarded.

2. Be Disciplined. One of the most fundamental qualities in any successful person is self-discipline. Whether at home or at work, it starts with the inherent ability to control your thoughts, your emotions, your behaviors and your habits. Try these few tricks to strengthen your ability to be disciplined. Actively set goals and write them down! Again, write them down! This will increase your level of accountability. Because they are specified and on paper, you will have the means to measure whether or not you have completed what you set out to do. Clearly create daily, weekly, monthly and yearly goals, remember they can be amended along the way, but this way you can make sure you are staying on track.

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Easier said than done, but of the utmost importance - eat healthy. One of the largest benefactors of eating healthy is your increased level of energy and decreased level of fatigue. This, without a doubt, will largely affect your everyday life and ability to perform at the highest level. The best way to do this is to plan your meals!

Exercise is a linchpin habit. Exercising decreases stress, increases focus and makes you feel better overall. Everybody has at least 20 to 30 minutes a day to go for a run. Start small and casually increase your workload, eventually, it will be an addictive habit!

Be persistent. No amount of smarts will outweigh persistence. Simply put, don't give up. Giving up is easy being able to see something through is the tough part. With that being said, be an optimistic realist, if something isn't working, then it isn't working, don't let your ego cloud your judgment.

3. Build a Network. Building a network is one of the best and easiest ways to create opportunities. Try to meet or connect with one (the more the better!) new person a week. By the end of the year, you will have met 52 new people in your industry or social life. In 10 years you'll have upwards of 520 connections minimum (as you meet more people, they will introduce you to more people, and those people will introduce you to more people and BOOM compounding at its finest). If you properly developed and maintain these relationships (see 'The Art of Active Listening'), an unfathomable amount of opportunities will open up in your life.

4. Create your own opportunities. Unfortunately, nobody is going to hand you anything in life and if you are relying on luck you have already lost. I believe in putting yourself in the right situation at the right time. In my opinion, there are opportunities that you either create or do not create. Some people think of opportunity the way it's defined in the dictionary — as a set of circumstances that make something possible — and they talk about it as if it just arrives organically. You 'spot opportunity' or wait around for 'opportunity to knock.' I look at it differently. I believe that you have to be the architect of the circumstances — that opportunity is something you manufacture, not something you wait for.

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