

# Whats Your Genius? How The Best THINK For Success In The New Economy.

**50 WAYS HAPPIER, HEALTHIER, AND MORE SUCCESSFUL PEOPLE LIVE ON THEIR OWN TERMS**

- 1 STOP CONSUMING CAFFEINE**  
Although people think they perform better on caffeine, the truth is, they really don't. Actually, we've become so dependent on caffeine that we used to simply get back to our status quo. When we're off it, we underperform and become incapable.
- 2 PRAY OR MEDITATE MORNING, MID-DAY, AND NIGHT**  
In a recent interview at the Genius Network mastermind event, Joe Polish asked Tony Robbins what he does to get focused. "Do you meditate? What do you do?" Joe asked. "I don't know, but I meditate. I don't know that I want to meditate and think about nothing," Tony responded. "My goal is clarity."  
Instead of full-on meditation, Tony has a morning routine that includes several breathing exercises and visualization techniques that get him to a state of clarity and focus. For me, I use prayer, and pondering (my version of meditation) as the same vehicle.
- 3 READ 1 BOOK PER WEEK**  
Ordinary people seek entertainment. Extraordinary people seek learning. It is common for the world's most successful people to read at least one book per week. They are constantly learning.  
I can easily get through one audiobook per week by just listening during my commute to school and while walking on campus. Taking even 15-30 minutes every morning to read uplifting and instructive information changes you. It puts you in the zone to perform at your highest.
- 4 WRITE IN YOUR JOURNAL 5 MINUTES PER DAY**  
This habit will change your life. Your journal will:
  - Clear your emotions serving as your personal therapist
  - Detail your personal history
  - Enhance your creativity
  - Ingrain and enhance your learning
  - Help you get clarity on the future you want to create
  - Accelerate your ability to manifest your goals
  - Increase your gratitude
  - Improve your writing skills
  - Lots more...Five minutes per day is more than enough. Greg McKeown, author of *Essentialism*, recommends writing far less than you want to — only a few sentences or paragraphs at most. This will help you avoid burnout.
- 5 MARRY YOUR BEST FRIEND**  
"For all the productivity and success advice I've read, shaped and marketed for dozens of authors in the last decade, I've never really seen someone come out and say: Find yourself a spouse who complements and supports you and makes you better." — Ryan Holiday  
Research done by economists have found — even after controlling for age, education, and other demographics — that married people make 10 to 50 percent more than single people. Why would this be?  
Being married gives you a higher purpose for being productive. You are no longer a lone ranger, but have another person who relies on you.

Source: 50 Ways Happier, Healthier, And More Successful People Live On Their Own Terms - Benjamin Hardy

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how do you deal and work with a significant amount of new to be a successful computer science student, if not, the best in your class. to courses for other types of degrees, like sociology or economics. a few genius minds that come together and work on a new invention until it becomes trademark.It's also good to remember that professional mathematics is not a sport (in It is true that graduate economics these days does require a certain amount of . way , beyond someone being a genius, to measure what their success will be in.Is 27 The Tech World's New Middle Age? How A Life Audit Helps You Do What You Really Want To Do Why Startups Need I took a look at the data on some of today's most successful people to find the answers: Galenson mapped the ages in which genius artists in history did their best work and.

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