

WISDOM SESSION

Ideas From James Clear

“The important thing is not to keep winning, but to keep reaching” - James Clear

You don't need to predict how everything will play out.
Just master the next step and continue moving in the right direction.

Prediction depends on events outside your control.
Creation depends on events within your control.
Don't guess about the future. Shape it.

Three steps to exceptional results:

- 1) Do less. Stop dividing your attention.
- 2) Do it right now. Once you have identified the essential, go fast. Maintain a bias toward action.
- 3) Do it the right way. Acting quickly doesn't mean acting carelessly. Get to work right away, but keep working on it until it's right.

Strangely, life gets harder when you try to make it easy.
Exercising might be hard, but never moving makes life harder. Uncomfortable conversations are hard, but avoiding every conflict is harder. Mastering your craft is hard, but having no skills is harder.
Easy has a cost.

When choosing a new habit many people seem to ask themselves, “What can I do on my best days?”
The trick is to ask, “What can I stick to even on my worst days?”

Start small. Master the art of showing up. Scale up when you have the time, energy, and interest.

Not being busy is a competitive advantage.
Most people are so strapped for time they can't take advantage of lucky opportunities or quickly resolve unexpected problems.
Maintain a bias toward action, but leave room for the unexpected.

I can't tell you how many times I don't feel like training and tell myself, “I'll just do one set and see how I feel.”
You would think it would stop working at some point, but I almost always end up doing the whole workout.
Just start. Do a little and see what happens.

The bad days are more important than the good days.
If you write or exercise or meditate or cook when you don't feel like it, then you maintain the habit.
And if you maintain the habit, then all you need is time.

Spend more time searching for better information sources.
A body filled with junk food struggles to move well.
A mind filled with junk thoughts struggles to think well.

*“Let your eyes look directly forward, and your gaze straight before you. Ponder the path of your feet; then all your ways will be sure.”
- Proverbs 4:25-26*

GTS STG - You don't have to be Great To Start, but You have to Start To be Great

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.