

The Compound Effect Darren Hardy

The Compound Effect: Read a Book or Watch TV

Every small choice compounds, good or bad, so watch them

THREE CORE IDEAS

1 Notice the small choices you repeat.

Tiny choices repeated become big results.

2 Keep going when you see no results.

Slow and boring, consistency beats one big move.

3 Track it with real numbers.

Numbers show what you really do.

DO IT TODAY about 10 minutes

- 1 Write down one choice you repeat.
- 2 Come back in a week and see if it changed anything.

Who it's for. Anyone who wants to try one idea from this book today.

These are the book's ideas in plain words, checked against public pages, not a result of mine. Try the steps for a week and see what changes for you.

A plain-words summary written by Pep Secanell, not a replacement for the book. Read *The Compound Effect* for the full story.

books.pepsecanell.com/free