

Ego Is the Enemy	
Author	Ryan Holiday - Dropout (University of California, Riverside), apprenticed under Robert Greene of <i>The 48 Laws of Power</i>
Belief in yourself	If your belief in yourself is not dependent on actual achievement, then what is it dependent on?
	What is rarer than talent, skill, or even confidence, is humility, diligence, and self-awareness
Action versus reputation	To be somebody or to do something <ul style="list-style-type: none"> <li>- Incentives and recognition can redirect us from doing to being</li> <li>- It is not “Who do I want to be in life?” but “What is it that I want to accomplish in life?”</li> </ul>
Frank Shamrock	Each fighter, to become great, needs to have someone better than they can learn from, someone lesser who they can teach, and someone equal that they can challenge themselves against
Being a student	Being an eternal student keeps a person humble <ul style="list-style-type: none"> <li>- You can't learn if you think you already know</li> </ul>
Ralph Waldo Emerson	“Every man I meet is my master in some point”
Genghis Khan	Became the greatest conqueror the world ever knew because he was more open to learning than any other conqueror <ul style="list-style-type: none"> <li>- In every country or city he held, Khan would seek out the smartest astrologers, scribes, doctors, thinkers, and advisers</li> </ul>
Patience	To become what we ultimately hope to become often takes long periods of obscurity
Bill Belichick	Took his first job in professional football without pay <ul style="list-style-type: none"> <li>- His insights were attributed to the more senior coaches</li> </ul> He wouldn't have taken his first job for free, and he wouldn't have sat through thousands of hours of film if he cared about status
Humility	A self-absorbed young Benjamin Franklin walked right into a low ceiling beam and was told: “Stoop, young man, stoop—as you go through this world—and you'll miss many hard thumps”
Aristotle	“Greatness of spirit is to bear finely both good fortune and bad, honor and disgrace, and not to think highly of luxury or attention or power or victories in contests”
Relationship between knowledge	“As our island of knowledge grows, so does the shore of our ignorance”

and ignorance	
Cheating	Cheating transpires when a person wants what they have and what they don't have even if they are mutually exclusive
Avoiding keeping up with the Joneses	Answer the question: why do you do what you do? - Only then will you understand what matters and what doesn't
Ego versus confidence	Ego needs honors in order to be validated  Confidence is able to wait and focus on the task at hand regardless of external recognition
Overcoming ego	General George Marshall wasn't special because he was simply modest, but because he had ego, pride, and ambition, but they were tempered by humility and selflessness
Aristotle's Golden Mean	Virtue lies in finding the balance between two extremes of excess and deficiency - Courage lies between cowardice on one end and recklessness
Cost of success	Schedule gets harder for a team after a winning season (the bad teams get better draft pick), taxes go up the more you make, rumors and gossip surround the renown
Types of time	Dead time - when people are passive and waiting  Alive time - when people are learning and acting and utilizing every second
Malcolm X in prison	Taught himself to be a reader by checking out a pencil and the dictionary from the prison library and copied it down from cover to cover  "In every free moment I had, if I was not reading in the library, I was reading in my bunk"
Choose carefully	Our choices are a reflection of our character
Effort over outcome	Ego demands recognition - We have minimal control over the rewards for our work - The less attached we are to outcomes the better - We can't let externals determine whether something was worth it or not
John Kennedy Toole	Wrote <i>A Confederacy of Dunces</i> which was turned down by publishers and led to him committing suicide - After his death, it was published and eventually won the Pulitzer Prize
Hatred	Has hating someone really helped a person accomplish anything?

Learning from others' mistakes	Any fool can learn from experience, the key is to learn from other people's experience
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