

NICK WIGNALL

The Compound Effect: How Daily Habits Create Long-term Success

May 18, 2019 • In Productivity + Motivation



In his strangely underrated book, *The Compound Effect*, Darren Hardy makes a compelling case for persistence as the essential factor in success.

Most people give up on their goals and fail to achieve their aspirations because they don't see immediate results. They interpret this to mean they can't do it or it was a bad goal in the first place and then give up.

On the other hand, those who do manage to succeed in their long-term goals believe that results tend to only show up late in the game.

Consequently, they're able to *stay motivated* and committed through the long, tough middle.

NICK WIGNALL

Compound Effect really shines is the detailed explanation of how exactly to cultivate a belief that persistence pays off.

Ultimately, this comes down to a commitment to small, smart decisions performed on a regular basis. Over time, these decisions compound into **effective habits** and routines, the true drivers of discipline, confidence, and ultimately, success.

What follows is a selection of my favorite quotes and passages from the book, along with some of my own thoughts and reflections.

. . .

On Discipline

Your only path to success is through a continuum of mundane, unsexy, unexciting, and sometimes difficult daily disciplines compounded over time.

Our brains crave novelty, comfort, and safety, often at the expense of our own long-term best interest.

Discipline is the solution.

We must cultivate a commitment to the ordinary tasks that move us incrementally but reliably toward our highest values and aspirations.

NICK WIGNALL

Tracking is my go-to transformation model for everything that ails me.

It's a truism that awareness is the first step in change. What's less well understood is how to foster awareness. One could do a lot worse than **simple tracking**.

On Willpower

Assuming willpower is what you need to change your habits is akin to trying to keep a hungry grizzly bear out of your picnic basket by covering it with a napkin.

Willpower makes for a decent Plan D—Good to have as a last resort, but never something you want to rely on.

In systems we trust.

On Drifting

Most people drift through life without devoting much conscious energy to figuring out specifically what they want and what they need to do to take themselves there.

It's crazy that we dedicate so little time to deliberately thinking about what we want. Why is this?

NICK WIGNALL

wouldn't be able to get it.

On Vision

Something almost magical happens when you organize and focus your creative power on a well-defined target. I've seen this time and again: the highest achievers in the world have all succeeded because they've mapped out their visions.

Note that it's not the goal itself that's important here—it's the organizing and focusing, the mapping out.

Understanding your destination is necessary but not sufficient for progress; you need a route, too.

On Goals

When you define your goals, you give your brain something new to look for and focus on.

Most people *have* goals: loosely formed, vaguely expressed notions of what they want.

Successful people *define* goals: carefully considered, detailed descriptions of what they want.

NICK WIGNALL

Some of our best intentions fail because we don't have a system of execution. When it comes down to it, your new attitudes and behaviors must be incorporated into your monthly, weekly, and daily routines to affect any real, positive change.

Overrated: Goals, intentions, desires, hopes, commitments.

Underrated: systems, routines, frameworks, models, recipes.

On Routines

Of all the high-achievers and business owners I've worked with, I've seen that, along with good habits, each has developed routines for accomplishing necessary daily disciplines. It's the only way any of us can predictably regulate our behavior.

Trying to regulate your behavior with good intentions is laughably inadequate.

If you want to get serious about change and success, get serious about your routines.

. . .

On Success

NICK WIGNALL

without a commitment to the ordinary. Whenever I feel lost and unsure of how to proceed, the way out has always been to re-focus on the small, measurable tasks that I know will move the needle.

It's the only thing I've found that always works.

There's More Where That Came From...

Join my weekly newsletter and get my newest articles delivered to your inbox every Monday morning.

Subscribe

No spam ever. Unsubscribe at any time.

NICK WIGNALL

Teaching everything I know about how to use psychology and behavioral science to work smarter at our personal development goals.

NICK WIGNALL

Home

Productivity + Motivation

Medium

About

Mindfulness + Minimalism

Twitter

Articles

Emotional Fitness

Facebook

Newsletter

Stress + Anxiety

Email

COPYRIGHT 2018 NUTHYMIA LLC | DISCLAIMER + PRIVACY