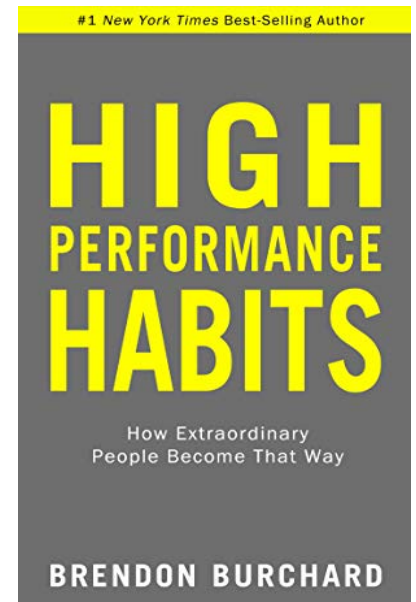


# High Performance Habits Book Summary (PDF) by Brendon Burchard

Ready to learn the most important takeaways from High Performance Habits in less than two minutes? Keep reading!



## Why This Book Matters:

High Performance Habits discusses six habits that we can use to become more productive.

## The Big Takeaways:

1. **To perform better, get into a routine of excellent habits and self-esteem.**
  1. If Continue to practice these skills. You will gain more knowledge and gain confidence.
2. **The best performers are self-aware and know what they want out of life.**
  1. Give yourself time to work on skill-building and dodge interruptions.
3. **Top performers are optimistic and usually mentally and physically sound.**

1. Get into this habit by taking a few minutes out of your morning to ask yourself what great things lie ahead in the day.
4. **The best performers stay motivated by listening to internal and external factors.**
  1. Another habit that high performers get into is sharing their goals with others to increase expectations.
5. **To perform better, remember not to become distracted and be aware of deadlines.**
  1. High performers are excellent planners, and they have precise deadlines and inspiring goals.

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