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By age 40, you need to understand these...

1. Everything won't go according to plan, always be ready to change directions.

2. Focus on what matters, everything else falls to place.

3. You only have one version of your body. Focus on your health.

4. When you do anything, don't expect two results, success or failure. Expect wins only because your subconscious follows your thoughts.

5. Don't seek validation, seek to become the best version of yourself. People will love you that way.

6. Nobody believes your excuses, no matter how good you give them.

7. You'll experience setbacks when building your dream, but eventually you'll win.

8. Don't regret having 8tried something and it didn't work. Regret never trying.

9. Patience pays and being patient with your business will take you heights you never imagined.

10. If you want to build something worthwhile, be ready to be criticized.

11. In anything, leave your selfish tendencies or you'll always lose.

12. Ask the right questions and you'll always have the right answers.

13. Never stop experimenting because it's how you discover what you're capable of.

14. You might have all the right ideas but if you don't have a plan, they'll not work.

15. Leave your comfort zone and start being uncomfortable, that's how you grow.

16. Play with your strengths because an expert in one field doesn't translate to others.

17. Be unique and original even if people are fake. You'll always win.

18. Don't be afraid of rejection, "no" is just the beginning of a conversation.

19. Learn to shut up and listen. That's how you win people and friends.

20. Consistently endure more pain doing things people are afraid of. The greater the risk, the higher the reward.

21. Don't follow a course blindly, if something doesn't work, take a step back and find what works for you.

22. Choose a direction and make sure you surround yourself with the right people who are strong in your areas of weakness.

24. There's no downside to learning a profitable skill.

24. Don't wait for a perfect opportunity to fall on your lap. Create your reality.

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