



The Excellence Habit - How Small Changes In Our Mindset Can Make A Big Difference In Our Lives: For All Who Feel Stuck

Vlad Zachary

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Because you, being your best you, and living your best life, matters!

The Excellence Habit is biography of an idea, and the idea is simple. The main source of success is excellence, and excellence depends more on our internal circumstances. Grit, determination, and the discipline to put in the hard work as a matter of habit, and not a matter of need, are crucial.

The Excellence Habit is a reminder that we are the owners of our success. There are no magic formulas, shortcuts, or secret sauce. The 7-rules, or 3 steps, or 12 laws that promise to change our lives - they won't help, unless we do the work. We will learn from many, yet the most important steps, we need to take on our own. Over the course of our adult life, it is always us, who have the most power. We will not always be in control and nobody is. But we can choose to maximize our effect on this planet, on our loved ones and on our personal fulfillment by building an Excellence Habit.

The Excellence Habit also examines the distinction between success and excellence. Success is achieving high goals. Excellence is doing the right thing, even when not driving towards any goal. It is a small mindset shift, which will produce big results. Excellence can and

will lead to success. Success, on the other hand, can be the biggest enemy of excellence. More often than not success is measured in social influence, recognition and wealth. For those practicing it faithfully -

Excellence is its own biggest reward!

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