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**Rare Habits I See
In Every High
Achiever**

1. Staying Consistent

Consistency is the ultimate secret weapon.

Anyone can perform well on good days, but the best keep showing up even when it's hard.

To stay consistent:

- Develop routines that make action automatic.
- Focus on winning long term, not just today.
- Accept that not every day will be perfect.

Try this: Do one small thing today that moves you closer to your goal.

2. Being Indistractable

Your ability to sustain focus is your most valuable asset in today's world.

It's what separates high achievers from the rest.

To master this habit:

- Train your mind to overcome internal triggers.
- Dedicate time blocks for deep, focused work.
- Eliminate all distractions in advance.

Try this: Focus on a single task for 90 minutes without interruptions.

3. Delaying Gratification

Mastering the art of delayed gratification isn't just a skill—it's a superpower.

It allows you to prioritize long-term rewards over short-term temptations.

To build this habit:

- Begin with small, manageable steps.
- Use tools and systems to stay disciplined.
- Minimize exposure to cheap dopamine hits.

Try this: Pause before giving in to any impulse and ask, "Does this align with my goals?"

4. Putting Health First

Sustained performance requires a foundation of optimal health.

Without it, you'll burn out long before achieving your goals.

To maintain your health:

- Commit to at least 7 hours of sleep per night.
- Fuel yourself with clean, nutrient-rich foods.
- Move your body with exercise 4+ per week.

Try this: Set a bedtime alarm that allows you to get at least 8 hours of restful sleep.

5. Prioritizing Relentlessly

You can do anything, but not everything.

Success is about making hard choices and focusing your energy on what truly matters.

To prioritize effectively:

- Use a system to organize your tasks.
- Define your top 3 goals for each day.
- Practice saying "No" to low-value work.

Try this: List your top three priorities for tomorrow before going to bed tonight.

6. Executing with Excellence

What you produce reflects who you are.

High achievers know that excellence builds trust, reputation, and long-term success.

To execute at a higher level:

- Always review your work before delivery.
- Continuously raise your quality standards.
- If needed, ask for more time to avoid rushing.

Try this: Double-check your work before you deliver anything today.

7. Being a Lifelong Learner

The world is evolving fast.

High achievers stay ahead by adopting a beginner's mind and remaining open to new insights and knowledge.

To become a lifelong learner:

- Replace "I know" with curiosity.
- Find value in every conversation.
- Learn something new from every person.

Try this: Ask one question today that makes someone teach you something new.

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