

YOUR HABITS CAN COMPOUND FOR YOU OR AGAINST YOU

Positive Compounding	Negative Compounding
<p>Productivity compounds.</p> <p>Accomplishing one extra task is a small feat on any given day, but it counts for a lot over an entire career. The effect of automating an old task or mastering a new skill can be even greater. The more tasks you can handle without thinking, the more your brain is free to focus on other areas.</p>	<p>Stress compounds. The frustration of a traffic jam. The weight of parenting responsibilities. The worry of making ends meet. The strain of slightly high blood pressure. By themselves, these common causes of stress are manageable. But when they persist for years, little stresses compound into serious health issues.</p>
<p>Knowledge compounds. Learning one new idea won't make you a genius, but a commitment to lifelong learning can be transformative. Furthermore, each book you read not only teaches you something new but also opens up different ways of thinking about old ideas. As Warren Buffett says, "That's how knowledge works. It builds up, like compound interest."</p>	<p>Negative thoughts compound.</p> <p>The more you think of yourself as worthless, stupid, or ugly, the more you condition yourself to interpret life that way. You get trapped in a thought loop. The same is true for how you think about others. Once you fall into the habit of seeing people as angry, unjust, or selfish, you see those kind of people everywhere.</p>
<p>Relationships compound. People reflect your behavior back to you. The more you help others, the more others want to help you. Being a little bit nicer in each interaction can result in a network of broad and strong connections over time.</p>	<p>Outrage compounds. Riots, protests, and mass movements are rarely the result of a single event. Instead, a long series of microaggressions and daily aggravations slowly multiply until one event tips the scales and outrage spreads like wildfire.</p>