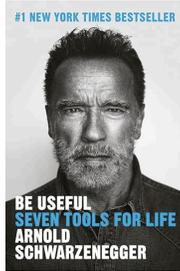


Your Kindle Notes For:



Be Useful: Seven Tools for Life

Arnold Schwarzenegger

58 Highlight(s) | 0 Note(s)

Location: 131

This tool kit is not revolutionary. If anything, it's timeless. These tools have always worked. They always will work. I think of them like elements of a blueprint or a road map to a happy, successful, useful life—whatever that means for you.

Location: 133

They involve knowing where you want to go and how you're going to get there, as well as having the willingness to do the work and the ability to communicate to the people you care about that the journey you want to bring them on is worth the effort.

Location: 174

There are reasons and explanations for all the things that have happened to us up to this point, good and bad. But for the most part, it wasn't because we didn't have a choice. We always have a choice. What we don't always have, unless we create it, is something to measure our choices against.

Location: 176

That is what a clear vision gives you: a way to decipher whether a decision is good or bad for you, based on whether it gets you closer or further away from where you want your life to go.

Location: 271

Only you can create the life you want for yourself—no one is going to do it for you. If you don't know what that life looks like yet, for whatever reason, that's fine. We're here now. The choices you make from here on out are what matters.

Location: 291

The writer Henry David Thoreau would say, "The moment my legs begin to move, my thoughts begin to flow."

Location: 352

If you can't find what you're looking for, at least give it a chance to find you.

Location: 366

This wasn't a fantasy. This was a memory that just hadn't happened yet. That's what it felt like to me.

Location: 407

You need to be able to see what you want to achieve before you do it, not as you do it. That's the difference.

Location: 481

Life is also those stretches of time in between. Life happens as much in the transitions as it does in the poses. It's all one long performance, and the greater the impact you want that performance to have, the more important each one of those little moments becomes.

Location: 608

What I'm saying is, if you're going to do it, do it. Not just because going all in might be the thing that guarantees your success, but because not going all in will absolutely guarantee that you fall short. And it's not just you who will suffer as a result.

Location: 623

"No man is more unhappy," the Stoic philosopher Seneca said, "than he who never faces adversity. For he is not permitted to prove himself."

Location: 640

The one thing all these brilliant people have in common is that in the face of doubt and skepticism, they kept going.

Location: 680

The quickest way to get me to bench press five hundred pounds is to tell me it can't be done.

Location: 682

You have a choice with the naysayers you face on the road to achieving your goals. You can ignore them or you can use them, you just can't ever believe them.

Location: 714

Plan B is to succeed at plan A.

Location: 782

It's not like dreaming up a big vision takes more energy than dreaming up a small one. Try it.

Location: 797

If there is one unavoidable truth in this world, it's that there is no substitute for putting in the work.

Location: 814

Work works. That's the bottom line. No matter what you do. No matter who you are. My entire life has been shaped by that single idea.

Location: 844

There is value and meaning in doing hard work for its own sake, don't get me wrong, but the real reason is so that when the moment arrives for your dream to come true and for your vision to become real . . . you don't flinch and you don't falter.

Location: 865

It's why in firearms training they say "slow is smooth, smooth is fast." It's why first responder types, like paramedics and firefighters, train obsessively and practice the fundamentals of their jobs over and over again until it becomes second nature for them.

Location: 923

Muhammad Ali famously said that he didn't start counting his sit-ups until they hurt. "They're the only ones that count," he said. "That's what makes you a champion."

Location: 939

The great Japanese novelist Haruki Murakami once wrote, "I can bear any pain as long as it has meaning." I've learned over the years that this is true: pain only needs to have meaning to you for it to be bearable.

Location: 1,010

And yet so many people are content to depend entirely on plans and systems, or to do the bare minimum asked of them, and then think to themselves, This is all set, I took care of it. No. Don't be a lazy fuck. Do the work. The only time you are allowed to use the phrase "I took care of it" is when it is done. Completely.

Location: 1,035

Jimmy Dean who nailed it. He said, "Do what you say you're going to do, and try to do it a little better than you said you would."

Location: 1,104

Whether it's a matter of getting into flow state or not, what every person who gets shit done has in common is that they either find the time, make the time, or turn the time they do have into what it needs to be for them to accomplish the task in front of them.

Location: 1,188

When it comes to realizing your dreams, you cannot allow that to happen. In fact, it should never happen, because no one is better equipped or motivated than you to sell your vision to the world.

Location: 1,351

When it's you that you're selling, the best way to exceed expectations every time is to keep those expectations low for as long as possible. Or maybe a better way to put it is that you shouldn't be afraid to let your customer hold on to their low expectations, because then it's that much easier for you to blow them away and sell them on what you have to offer.

Location: 1,472

I told my story using language that actually connected to the lives of the people who I was trying to sell.

Location: 1,488

Nothing sells better than a true story from a genuine person.

Location: 1,493

you. I've been around a long time. I've met a lot of happy, successful people from all over the world. Famous people. Powerful people. Interesting, creative people. Normal, good, hardworking people. What they all have in common is that they never let anyone else write their stories. They know how to sell their vision better than anyone, and they walk peacefully through the world confident in that knowledge.

Location: 1,527

But more importantly, I have a rule: no complaining about a situation unless you're prepared to do something to make it better.

Location: 1,528

It couldn't be that bad if it hasn't motivated you to try to fix it.

Location: 1,587

I owe a lot to my upbringing. I was made for it and made by it.

Location: 1,641

They did the best they could. And don't forget, they saved my life! What would be the point of suing them? It doesn't change what happened. Who would benefit besides the lawyers? What positive thing could any of us take from that experience if it ended in a lawsuit?

Location: 1,644

Viktor Frankl believed that, while we can't control many things that happen in our lives, we always have the power to control how we feel and what we do about them.

Location: 1,677

Let me be very clear about something. And this is for anyone out there who has ever experienced failure, which is every single one of us: failure is not fatal. I know, I know, that's such a cliché. But all positive talk about failure has become a cliché at this point, because we all know it's the truth. Everyone who has accomplished something they're proud of, who we admire as a society, will tell you that they learned more from their failures than from their successes. They will tell you that failure isn't the end. And they're right.

Location: 1,682

failure is actually the beginning of measurable success, because failure is only possible in situations where you've tried to accomplish something difficult and worthwhile. You can't fail when you don't try. In that sense, failure is kind of like a progress report on your path to purpose.

Location: 1,691

In the gym, failure doesn't equal defeat, it equals success.

Location: 1,810

That, to me, has always been the real question when it comes to thinking about risk: What do you have to lose?

Location: 1,847

I didn't know the term for it then, but Fredi was a Renaissance man. He loved sports, dogs, opera, philosophy, and history, in addition to business and politics and countless other things, as I would learn over our fifty-year friendship. But it was his interest in learning and his focus on being open to new things—which I believe is the hallmark of a Renaissance man—that had the biggest impact on my life and I'm sure a lot of the other boys' lives as well.

Location: 1,864

He made us understand that the way to become the kind of sponge that absorbs only the most useful knowledge was to always be curious. To listen and look more than we talked. And when we did talk, it was better to ask good questions than to make smart statements.

Location: 1,910

we have been blinded by status, and it has made us closed-minded as a culture. It's why we value the number of degrees someone has over the number of happy customers they've served. It's why we love stories about entrepreneurship, but somehow if you work with your hands and own your own business, we don't call you an entrepreneur, we call you a small-business owner. And

Location: 1,973

Having the patience and humility to listen well is an essential ingredient of curiosity, and it's the secret to learning.

Location: 1,977

Dalai Lama: "When you talk, you are only repeating what you already know. But if you listen, you may learn something new."

Location: 1,979

These are all just different ways of saying that you don't know as much as you think you do, so shut your mouth and open your mind.

Location: 2,062

There is a famous line in *The Terminator*: "There's no fate but what we make for ourselves." No one has shown these poor souls that they can make their own fate. That they can change their circumstances so dramatically that it will make the unchangeable things irrelevant. Anyone can do this, in fact. Anyone can make their own fate. You can do it, starting at this very moment.

Location: 2,185

Who I am, where I am, why I am here, what I have had the opportunity to do—this is all because of the impact of hundreds of special people in my life.

Location: 2,247

Think about that: You can make someone's day better and your own day better with the same act of kindness and generosity. And you don't need to be rich or flush with cash to do it.

Location: 2,258

The first thing to realize is that at the simplest, most basic level, you don't have to rearrange your life to help other people. You just have to keep your eyes and ears open and be engaged with the world around you.

Location: 2,265

The second thing to realize is that you have more to offer than you know. For instance, I know you have the time. If we looked at the full twenty-four-hour breakdown of your day, I guarantee you have an hour to spare at least once or twice a week.

Location: 2,283

If you're still struggling to think up ways you can give back, don't focus on what you have or what you know, take a personal inventory of what others have done for you in your life and try to pay it forward by doing those same things for others who might be in a similar situation.

Location: 2,302

Little things always have a tendency to become big things, and I am confident that one day something small will lead you to something big that you feel equipped to give back to in a bigger way.

Location: 2,342

Standing there watching these young boys celebrate the achievement of their friend, I was filled with a kind of joy that was almost spiritual. It was so overwhelming that I was confused. I hadn't made any money. This wasn't a move that advanced my career. Doing things like this wasn't really a part of my larger vision yet. And if I'm being honest, it didn't feel like I was doing all that much in terms of exertion or sacrifice. So why was I this happy? I realized it was because I'd helped these kids. By doing something as simple as showing up, being supportive and encouraging, and teaching a couple of things, I'd changed this boy's life. He now had proof that he could do this, that he was strong enough not just to lift weights but to overcome his fears.

Location: 2,352

I'd given back, and I'd done it for no other reason than because they needed help and someone had asked me.

Location: 2,407

you'll get more happiness and contentment out of counting your friends than counting your dollars. You'll get more satisfaction from having improved your neighborhood, your town, your state, your country, and your fellow human beings than you'll ever get from your muscles, your figure, your automobile, your house, or your credit rating. You'll get more from being a peacemaker than a warrior. Break the mirrors."

Location: 2,418

Sargent's point was that giving back is a source of greater contentment, in part because it puts personal ambition in proper perspective.

Location: 2,432

They were 100 percent we-focused, and I have looked up to them as role models in selflessness and sacrifice because of that ever since.