

# My top 5 this week

- 6 Core Attitudes of A life of Excellence
- Life Hacks I know at 32 I wish I knew at 22
- 6 System Loops for Startups DNA
- Top 12 Leadership Green Flags
- My wife ❤️ passed every exam on 1st try



# 6 Core Attitudes of A life of Excellence



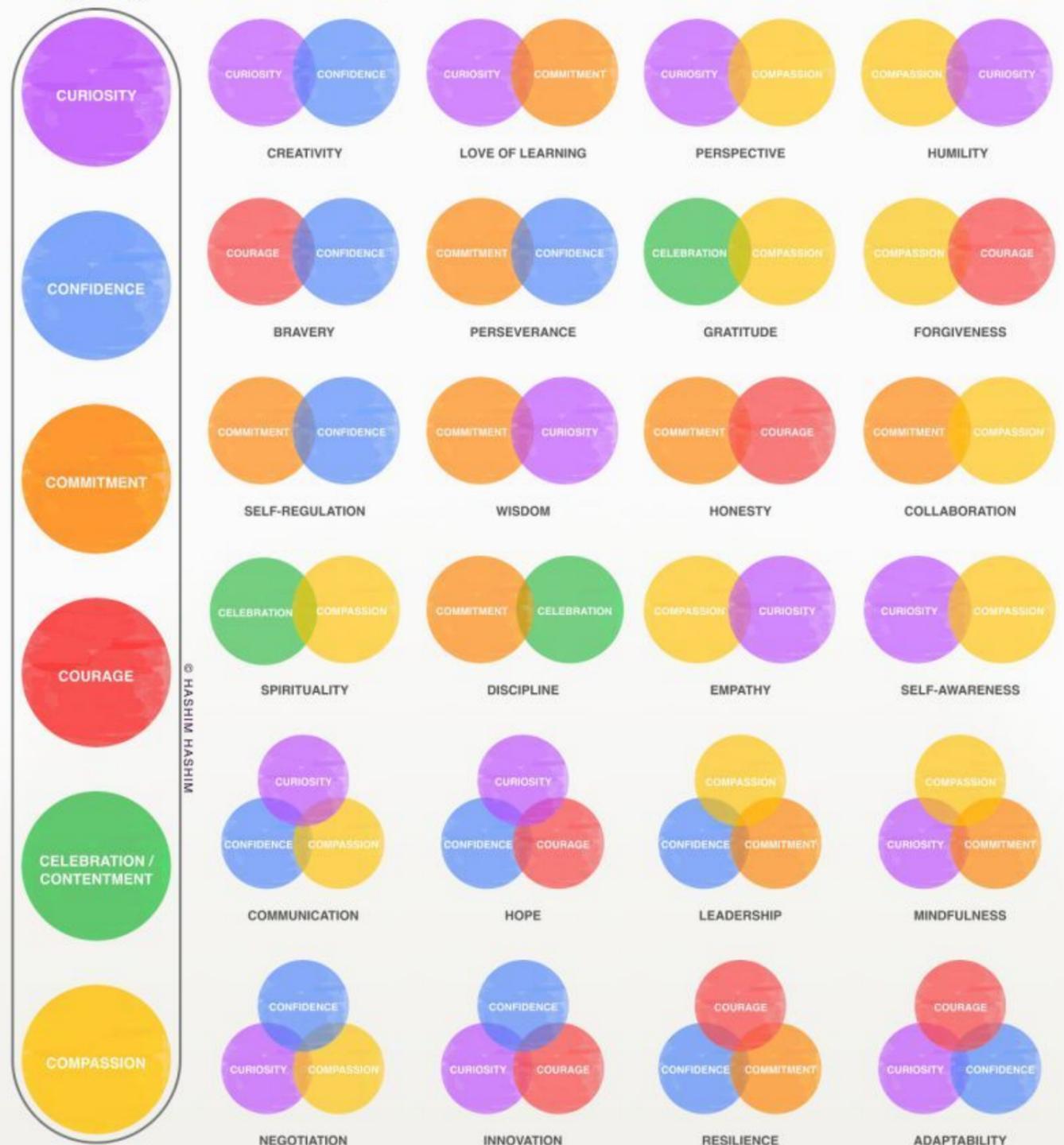
**Hashim Hashim** • Following

I help you master stress through modern science and ancient wisdom...

16h • Edited •

## 6 CORE ATTITUDES OF A LIFE OF EXCELLENCE

They merge to create character qualities and strengths:



**QuintS**  
Excel through holistic Learning

Enjoy this? Follow me, **Hashim Hashim**, for more. [Linkedin.com/in/hashimhashim](https://www.linkedin.com/in/hashimhashim)



# 30 Life Hacks

## I know at 32 I wish I knew at 22



**Ben Meer** • Following

The Systems Guy • Follow me for systems on health, wealth, and fre...

17h •

### Life Hacks I Know at 32

### I Wish I Knew at 22

*written by Ben Meer*

1. The best productivity app on your phone is called Airplane Mode (use it).
2. Normalize "I don't know anything about that yet" as a successful answer.



# 6 system loops YOU need to bake in your startup's DNA

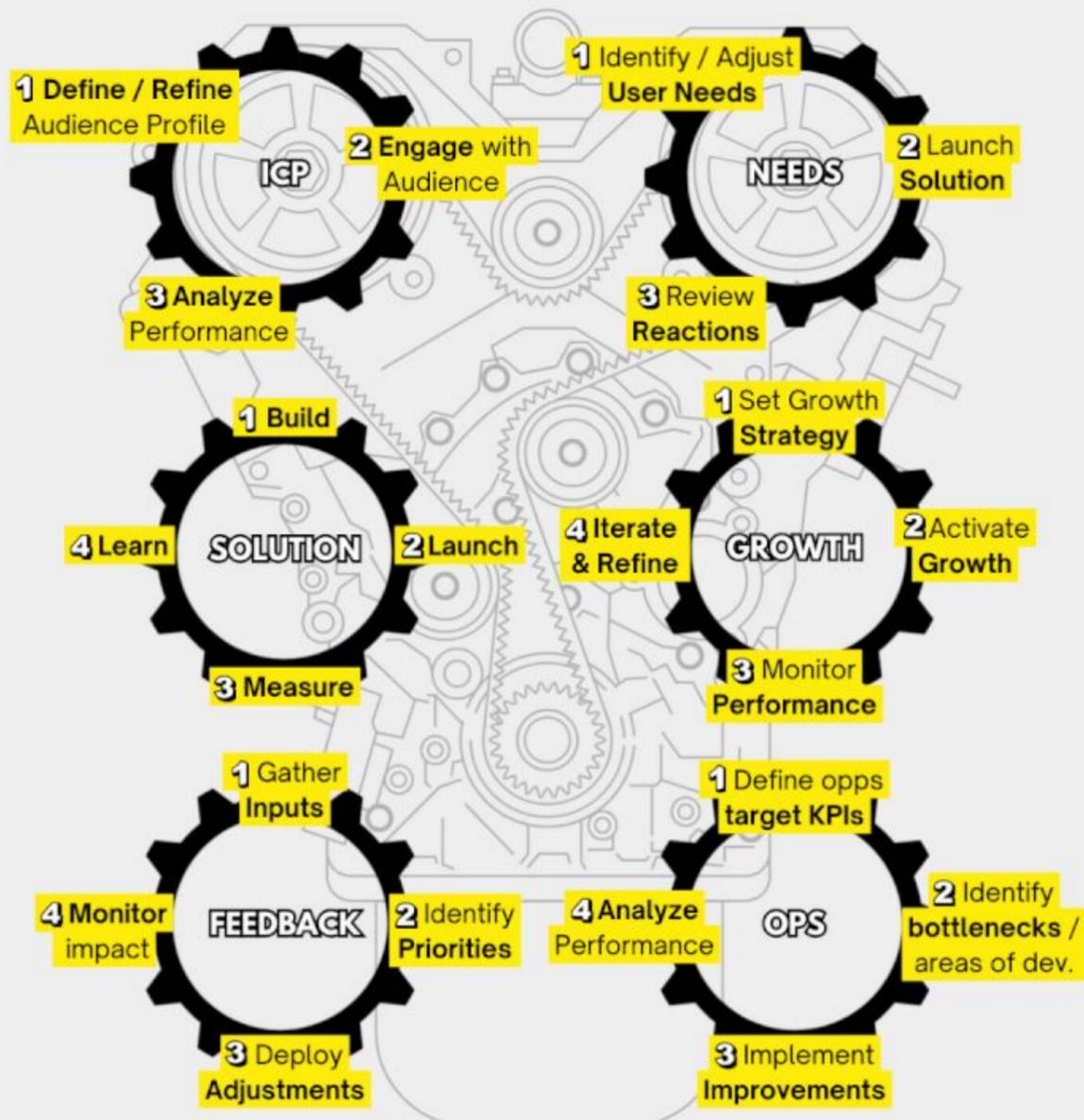


**Majd A.** • 1st

3x Founder | Xoogler | Design Thinking | Follow for daily tips on how ...  
22h • Edited • ↻

## 6 Essential Loops for any Startup

Maximize these 6 cycles to continuously improve your build



Repost if you found this useful



**Majd A.**  
in @majdalaily



# 30 Life Hacks

## I know at 32 I wish I knew at 22



**Ben Meer** • Following

The Systems Guy • Follow me for systems on health, wealth, and fre...

17h •

### Life Hacks I Know at 32

### I Wish I Knew at 22

*written by Ben Meer*

1. The best productivity app on your phone is called Airplane Mode (use it).
2. Normalize “I don’t know anything about that yet” as a successful answer.



# Top 12 Leadership Green Flags



**Yair Levy** • 1st

I write about personal & business growth, productivity and AI.

[Visit my website](#)

Good leadership isn't a mystery. It's a skill you can learn.



## Top 12 Leadership Green Flags

© Chris Donnelly

- 1 They take an interest in your life outside of work.
- 2 They never schedule meetings over lunch.
- 3 They ask for your ideas.
- 4 They ask for your feedback on the company's culture.
- 5 They follow up on or action the feedback that you give.
- 6 They give every room they walk into a burst of energy.
- 7 They get stuck in with the day-to-day when needed.
- 8 They set boundaries and respect yours in return.
- 9 They praise in public and discipline in private.
- 10 They are transparent about their plans.
- 11 They share the rewards of the business' success.
- 12 They give credit where it's due.

Want a high-res PDF of this? Follow [Chris Donnelly](#) & join his Step by Step Newsletter.

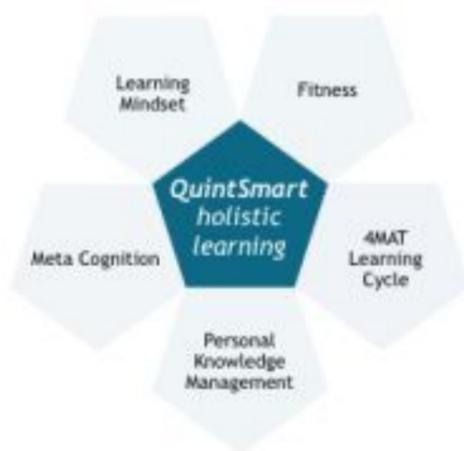


**QuintSmart**  
Excel through Holistic Learning



- **Obsidian** for note-taking
- use **spaced repetition** cards
- take your **notes** while learning
- apply progressive **summarization**
- create **Visuals** with the **Excalidraw** plugin

My wife ❤️  
passed every  
exam on the first try





# Like This Post?

**FOLLOW FOR MORE**



**\*Reshare** this post if you found it useful

