

Mark Lack

Lessons from this Episode:

- How to achieve greatness at a young age
- Why aligning yourself with the best will help propel you to your goals
- Ways to “shorten the gap” to what you want
- “The Science of Achievement”
- The desire for things vs. emotional states
- How to “have more and give more”
- The best resources for success
- What Mark views as the biggest fears of humans
- How past references create certainty and beliefs
- Mark’s model for success
- The power of playing to win
- How to avoid falling into the “but I’m too busy” rut
- Mark’s most influential habits
- The importance of gratitude each day
- “Read what you need”
- Goal setting tips

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