

? 1. Brick By Brick: The secret to overcoming procrastination and overwhelm is focusing on the ONE next doable action

When Will Smith was 11 years old, his father made him build a large brick wall for a year. The project taught Will the most valuable lesson for success in his career: to accomplish anything, forget about your overwhelming long term goal (the wall), and instead focus on the ONE next doable action (the brick).

? 2. Understand Your Fears: Young Will's personality as a performer was a response to the fear of being seen as a weak coward

As a child, Will felt like a scared coward, especially when he saw his mom getting punched by his dad and did nothing. His personality grew in response to that fear, if he was being funny and making people laugh, then everything felt safe.

? 3. Don't Get Complacent: Will Smith's fast rise as a rapper was followed by an even faster crash due to carelessness

In high school, Will began rapping against other students in "battles." He met DJ Jazzy Jeff at a party by accident. They recorded some songs that became hits, went on tour, won a Grammy, made millions, but then lost everything due to carelessness—not paying any taxes and neglecting to work hard.

? 4. Venture Into Uncertainty: Life demands from us never-ending reinvention, a willingness to adapt and change

The next stage of Will's life contained an incredible degree of uncertainty and change, in response he learned to endlessly adapt and adjust. First he moved to LA and met lots of people at the Arsenio Hall Show set. He auditioned at Quincy Jones' birthday party to land his big break as The Fresh Prince of Bel-Air. Then he put lots of sweat in growing as an actor and honing his craft.

? 5. Promote Relentlessly: Arnold Schwarzenegger gave Will the best advice ever for becoming the biggest movie star

Will began with the end goal of becoming the biggest movie star. The vision shaped his life choices, including turning down \$10 million for an improper role. Arnold Schwarzenegger gave him key career advice—to put in more work than any other actor in selling and promoting each movie. His big break was Independence Day in 1996, which broke box office records.

?? 6. Make Feelings Important: Despite achieving extraordinary outer success, Will found people around him miserable

For 10 years, Will Smith's life became all about achievement, working 80 hours per week. He went on an unmatched winning streak, with 8 straight #1 movies. But he neglected the feelings in himself and his relationships, causing himself and people around him to be miserable.

? 7. Look Silently Within: Will explored personal growth through solitude, reading,

counselling, psychedelics and facing death

The final chapters of Will's book describe his attempts to find happiness within. He escaped to Trinidad but was unable to relax, so he tried a 14-day silent retreat including meditation and reading lots of books. Then he had visions on ayahuasca teaching him his inner beauty and to stop talking inside. He spent more time with Daddio before his death, learning the ultimate importance of unconditional love and useful contribution to others.

This is just a sample!

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